



CENTENNIAL RECIPE BOOK



HOLY SPIRIT MISSIONARY SISTERS
CELEBRATING
A CENTURY OF MISSIONARY SERVICE
1889 — 1989
JOYFULLY PRESENT THIS
CENTENNIAL RECIPE BOOK

prepared by
Holy Spirit Missionary Sisters
Paraclete Province
Techny, Illinois USA

DEDICATION

When Jesus wanted to leave us a sign of his love for us and his presence in our lives, he chose the simple family meal. Food and drink have a way of bringing people together and uniting them as nothing else does. Each time we gather around a table, we share more than food and drink. We share our very lives. It is no wonder that Jesus spoke of heaven as a banquet.

With deep gratitude, we Holy Spirit Missionary Sisters dedicate this CENTENNIAL RECIPE BOOK to you who have supported us so generously in our missionary service — our families and friends.

We thank you for the many times we have spent around your tables, sharing times of joy as well as times of sorrow. The Lord is always the Unseen Guest at our tables. It is our prayer, that whenever you gather to share food and drink and your lives with others, you will know the presence of Jesus.

IN APPRECIATION

The recipes in this book express the “family spirit” which unites all of us. Some of the recipes are treasured family recipes from generations past. Others are of more recent origin. Still others are ethnic in character and express so well the richness of the cultures which constitute our missionary community. Above all, each recipe reflects the love and the spirit of sharing of the contributor.

Thank you to each of you who contributed recipes for this book. Special thanks to Sr. Agnes Paul, S.SpS. for her talented artwork on the cover and throughout the book. Grateful thanks to Sr. Kusum Cherian, S.SpS. and Sr. Metilda George S.SpS. who devoted their time, talent and assistance in making this book ready for publication.

Without the interest and excitement of so many, this Centennial Recipe book could not have been possible. God bless you one and all!

The Centennial Committee

Pentecost Sunday

May 22, 1988

HOLY SPIRIT MISSIONARY SISTERS

The Holy Spirit Missionary Sisters came into being on December 8, 1889 in Steyl, Holland. On May 11, 1901, the first group of sisters, under the leadership of Mother Leonarda Lentrup, arrived in what is now known as Techny and established a home for the elderly and a retreat center. Five years later, the sisters again responded to the needs of others by opening a school in Vicksburg, Mississippi to help to provide education for Black Americans.

From these beginnings, our missionary service was expanded to include hospitals, schools, religious education centers, pastoral ministries and other areas of missionary service.

We try to follow in the footsteps of Jesus in his openness to the Spirit of God. As an international community of over 4,000 women, we are called to bring the Good News of Jesus wherever the Spirit leads - to any culture, to any country - to help people see God already active in their lives.

As we approach our second century of missionary service, we reach out to the Lord's promise to us and to the human family. We rejoice in the Lord's goodness and faithfulness to us and thank him for the GIFT that each of you is to our community.

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HANDY CHART OF KITCHEN MATH WITH METRIC

KITCHEN MATH WITH METRIC TABLES

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
⅓ cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus 3½ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 lb.	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

THE APPROXIMATE CONVERSION FACTORS FOR UNITS OF VOLUME

To Convert from	To	Multiply by
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft ³)	cubic meters (m ³)	0.03
cubic yards (yd ³)	cubic meters (m ³)	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m ³)	cubic feet (ft ³)	35
cubic meters (m ³)	cubic yards (yd ³)	1.3

SIMPLIFIED MEASURES

dash = less than 1/8 teaspoon	2 pt. (4 c.) = 1 qt.
3 tsp. = 1 Tbsp.	4 qt. (liquid) = 1 gal.
16 Tbsp. = 1 cup	8 qt. (solid) = 1 peck
1 cup = ½ pt.	4 pecks = 1 bushel
2 cups = 1 pt.	16 oz. = 1 lb.

If you want to measure part-cups by the
tablespoon, remember:

4 Tbsp. = ¼ cup	10⅔ Tbsp. = ⅔ cup
5⅓ Tbsp. = ⅓ cup	12 Tbsp. = ¾ cup
8 Tbsp. = ½ cup	14 Tbsp. = 7/8 cup

CONTENTS OF CANS

Of the different sizes of cans used by
commercial canners, the most common
are:

Size	Average Contents
8-oz.	1 cup
picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

SUBSTITUTIONS

FOR...	YOU CAN USE...
1 tablespoon cornstarch	2 tablespoons flour OR 1½ tablespoons quick cooking tapioca
1 cup cake flour	1 cup less 2 tablespoons all-purpose flour
1 cup all-purpose flour	1 cup plus 2 tablespoons cake flour
1 square chocolate	3 tablespoons cocoa and 1 tablespoon fat
1 cup melted shortening	1 cup salad oil (may not be substituted for solid shortening)
1 cup milk	½ cup evaporated milk and ½ cup water
1 cup sour milk or buttermilk	1 tablespoon lemon juice or vinegar and enough sweet milk to measure 1 cup
1 cup heavy cream	⅔ cup milk and ⅓ cup butter
1 cup heavy cream, whipped	⅔ cup well-chilled evaporated milk, whipped
Sweetened condensed milk	No substitution
1 egg	2 tablespoons dried whole egg and 2 tablespoons water
1 teaspoon baking powder	¼ teaspoon baking soda and 1 teaspoon cream of tartar OR ¼ teaspoon baking soda and ½ cup sour milk, buttermilk or molasses; reduce other liquid ½ cup
1 cup sugar	1 cup honey; reduce other liquid ¼ cup; reduce baking temperature 25°
1 cup miniature marshmallows	About 10 large marshmallows cut-up
1 medium onion (2½ dia.)	2 tablespoons instant minced onion OR 1 teaspoon onion powder OR 2 teaspoons onion salt; reduce salt 1 teaspoon
1 garlic clove	1/8 teaspoon garlic powder OR ¼ teaspoon garlic salt; reduce salt 1/8 teaspoon
1 tablespoon fresh herbs	1 teaspoon dried herbs OR ¼ teaspoon powdered herbs OR ½ teaspoon herb salt; reduce salt ¼ teaspoon

COMMON CAUSES OF FAILURE IN BAKING

BISCUITS

1. Rough biscuits caused from insufficient mixing.

2. Dry biscuits caused from baking in too slow an oven and handling too much.

3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.

MUFFINS

1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.

2. Tunnels in muffins,

peaks in center and a soggy texture are caused from overmixing.

3. For a nice muffin, mix well but light and bake at correct temperature.

CAKES

1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.

2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.

3. A heavy cake means too much sugar has been used or baked too short a period.

4. A sticky crust is caused by too much sugar.

5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking

powder, using fat too soft, and baking at too low a temperature.

6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.

7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2" around pans) or using dark pans (use bright finish, smooth bottomed pans).

8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.

PIES

1. Pastry crumbles caused by overmixing flour and fat.

2. Pastry is tough caused by using too much water and over mixing dough.

3. Pies do not burn - for fruit or custard pies use a Pyrex pie pan or an enamel pan and bake at 400°-425° constant temperature.

BREADS: (YEAST)

1. Yeast bread is porous - this caused by over-rising or cooking at too low a temperature.

2. Crust is dark and blisters - this is caused by under-rising, the bread will blister just under the crust.

3. Bread does not rise - this is caused from over-kneading or from using old yeast.

4. Bread is streaked - this is caused from under-kneading and not kneading evenly.

5. Bread baked uneven - caused by using old dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature.

OVEN TEMPERATURES

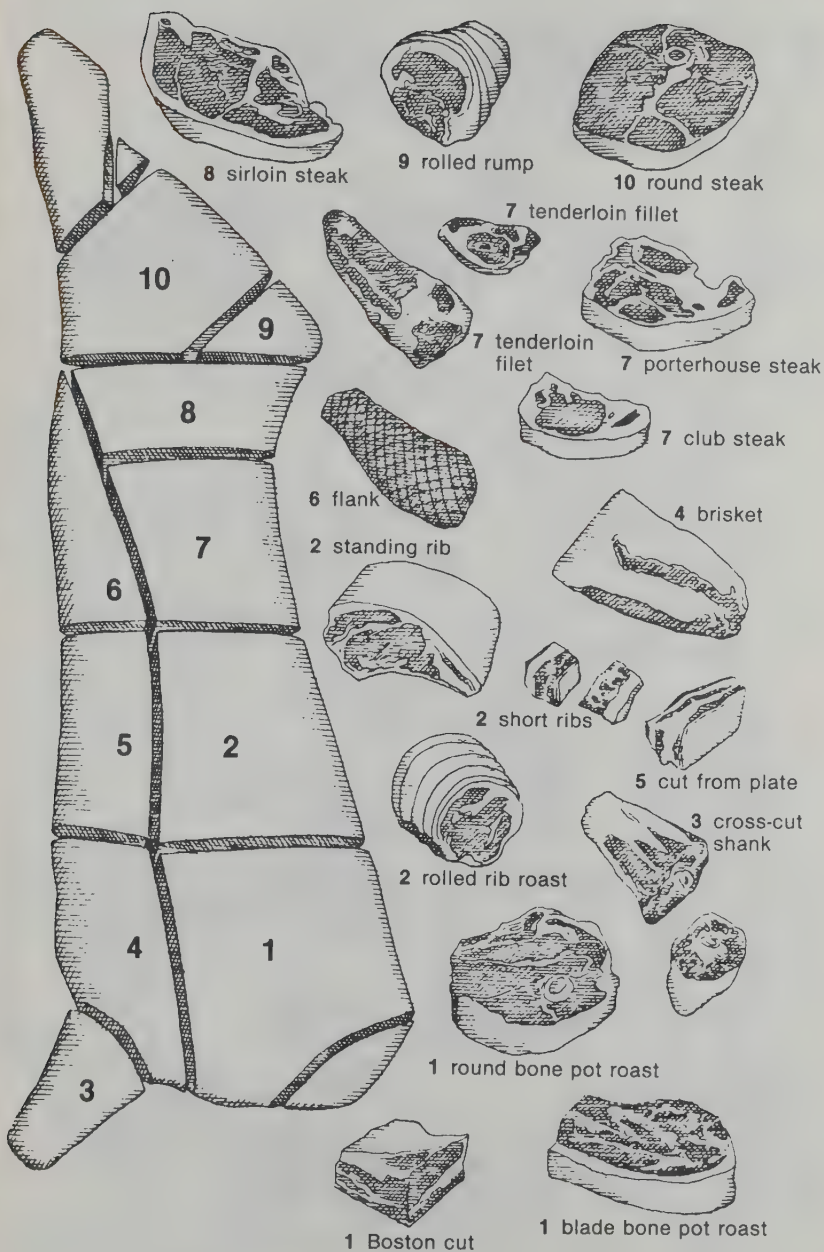
Slow	300°
Slow moderate	325°
Moderate	350°
Quick moderate	375°
Moderately hot	400°
Hot	425°
Very hot	475°

DEEP-FAT FRYING TEMPERATURES WITHOUT A THERMOMETER

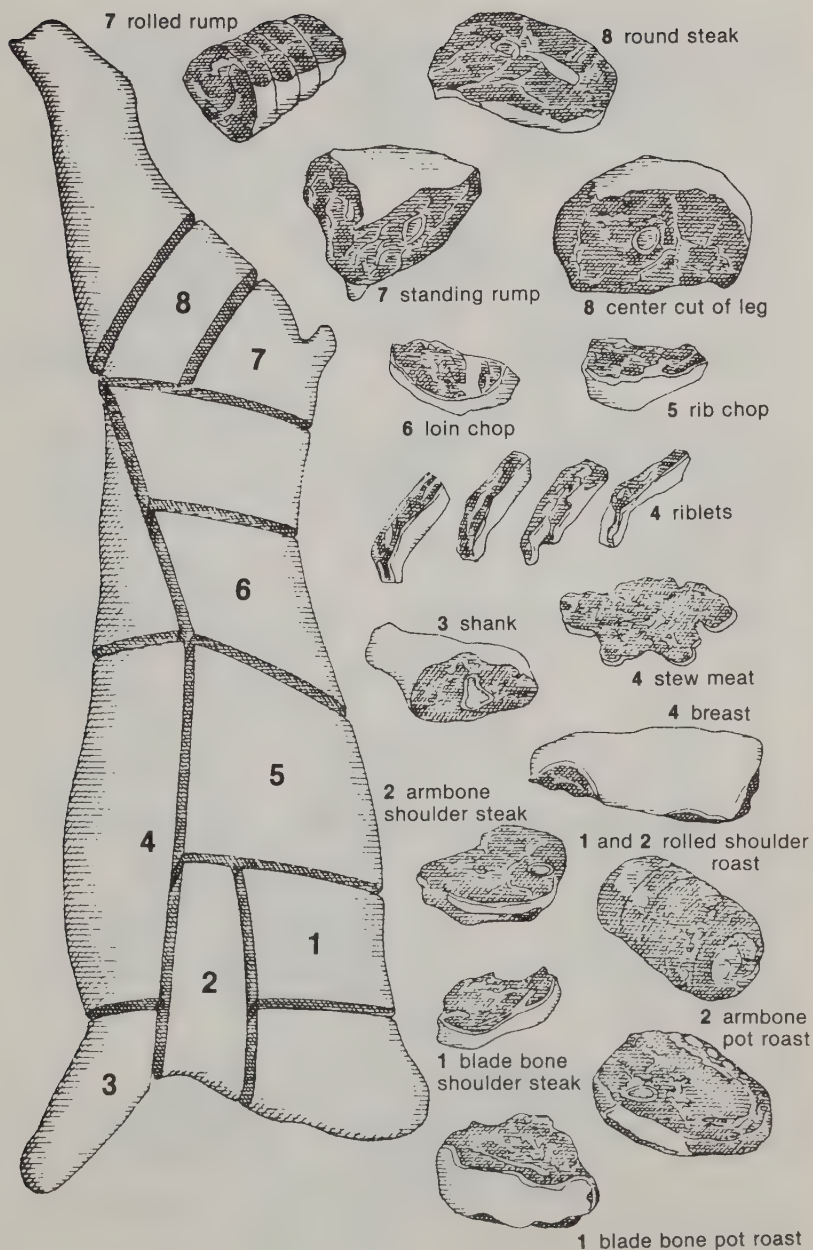
A 1-inch cube of white bread will turn
golden brown:

345° to 355°	65 seconds
355° to 365°	60 seconds
365° to 375°	50 seconds
375° to 385°	40 seconds
385° to 395°	20 seconds

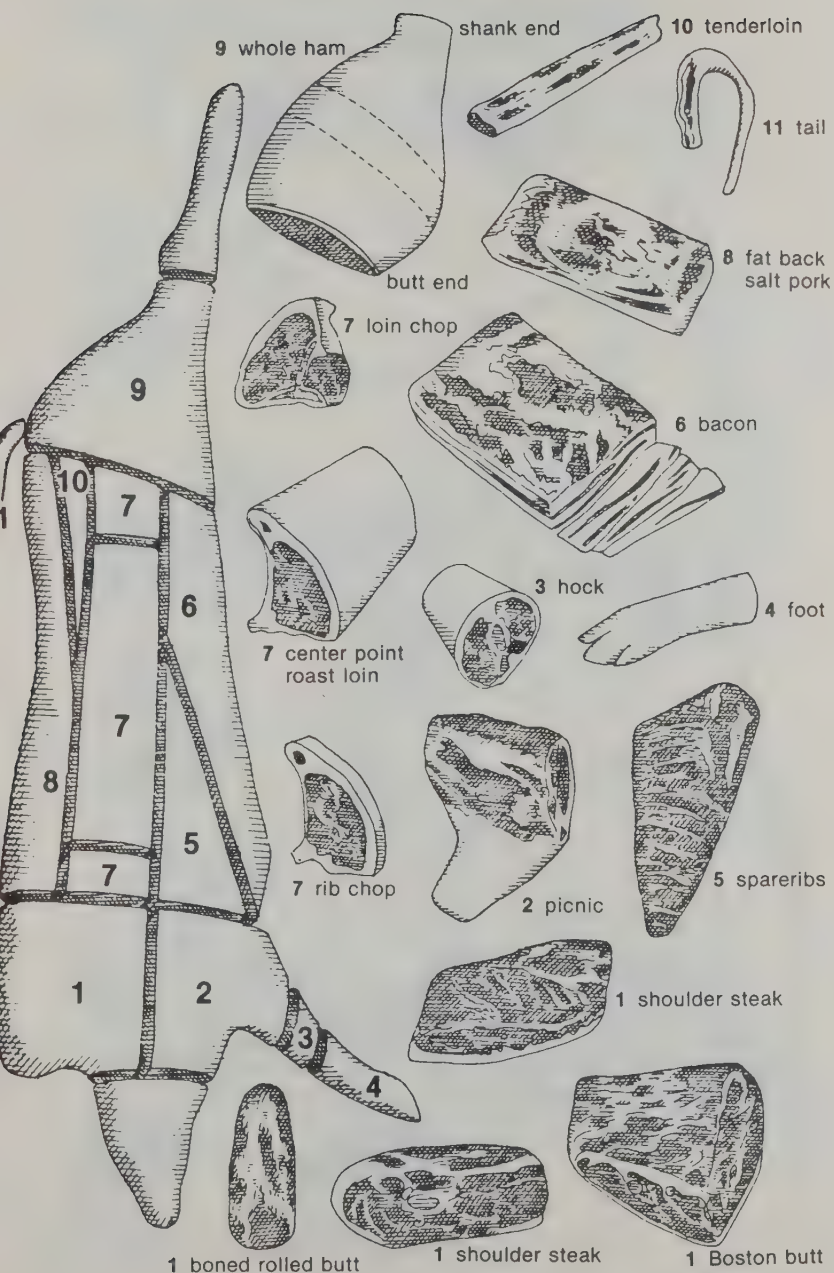
BEEF



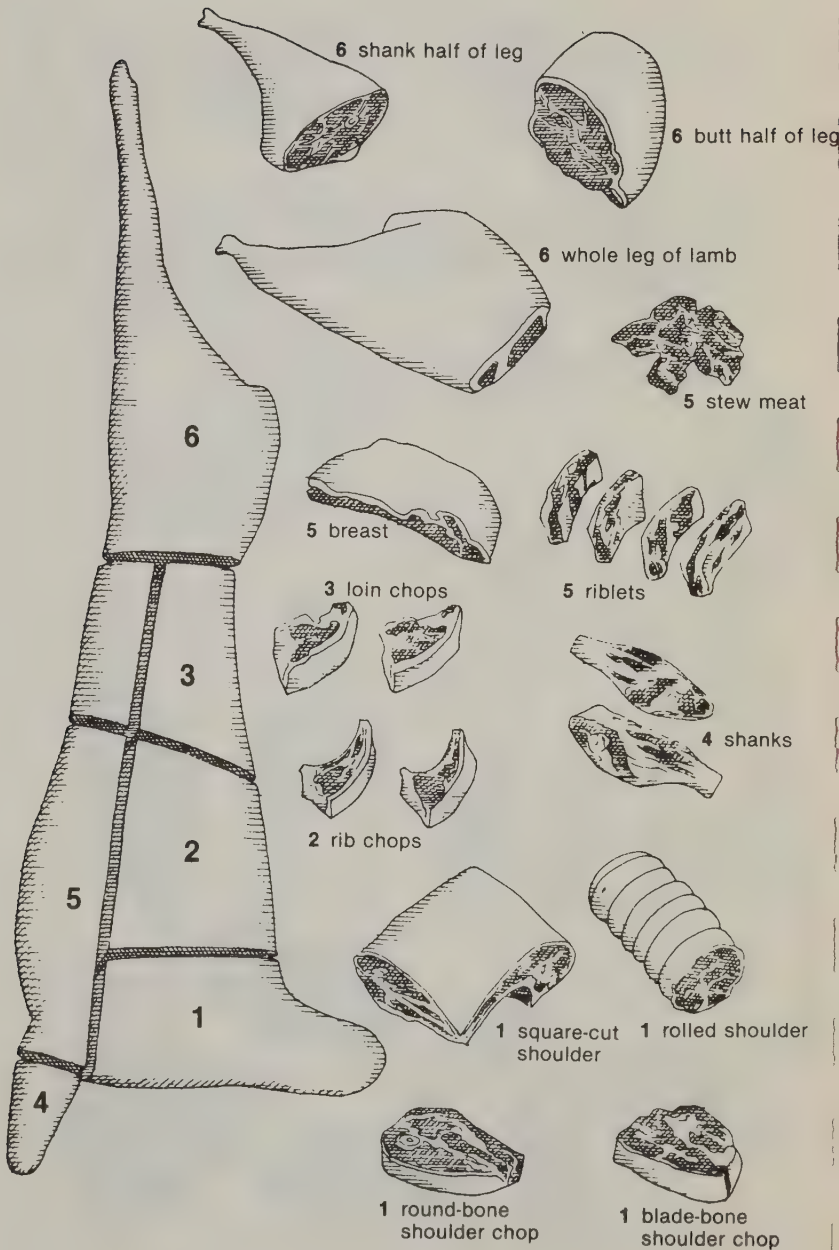
VEAL



PORK



LAMB



APPETIZERS BEVERAGES

DIPS



S.P.

FRESH VEGETABLE DIP

- | | |
|--------------------------------------|---------------------------------------|
| 1 large cucumber, seeded,
chopped | 2 tomatoes, chopped |
| 1 green pepper, seeded,
chopped | 1 stalk celery, chopped
(optional) |
| | ½ to 1 whole onion, grated |

Fold above ingredients into 1 pint (2 cups) mayonnaise. Sprinkle 2 packages Knox gelatin over it, fold and chill. Great dip with either fresh vegetables or crackers.

Eileen Burke
LaGrange, Illinois

GREEN GARDEN VEGETABLE DIP

- | | |
|-------------------------------|--------------------------------|
| 1 C. Hellmann's
mayonnaise | 1 T. dill weed |
| 1 C. sour cream | 1 T. Accent salt |
| 1 T. parsley flakes | 1 T. chopped onion (very fine) |
| | ½ tsp. white sugar |

Must be Hellmann's mayonnaise. Mix all ingredients together. Chill well, at least 1 hour.

Terry Spreda
Stevens Point, WI

VEGETABLE DIP

- | | |
|---------------------------------|--|
| 1 large container sour
cream | 2 pkgs. Good Seasons Italian
dressing mix |
| 1 large pkg. cream cheese | 1 small can "V-8" |

Cream together above and serve with raw vegetables.

Peggy Gattria
Vulcan, MI

VINEGAR DIP

- | | |
|---------------------------|----------------------|
| 1 C. mayonnaise | 1 tsp. grated onion |
| 1 tsp. tarragon vinegar | 1 tsp. curry powder |
| 1 tsp. grated horseradish | ¼ tsp. garlic powder |
| | ½ tsp. salt |

Mix all ingredients together. Chill. Serve as dip for raw vegetables.

Margaret Wilson
Durham, NC

MEXICAN DIP

- | | |
|--------------------------------------|------------------------------|
| 1 lb. hamburger | 1 can Hormel chili, no beans |
| 1 lb. Mexican Velveeta (hot or mild) | 1 pkg. taco seasoning |
| | 1 can green chiles, diced |
| | 1-8 oz. pkg. cream cheese |

Brown hamburger, drain. Put all ingredients in a crock pot and stir until cheese melts. Cook on low for 2 to 3 hours. Serve warm with tortilla chips.

Debbie Gossling
New Hampton, IA

CHILE CON QUESO DIP

- | | |
|--------------------------------|---|
| 1 large onion, minced | 4 oz. can green chiles, |
| 1 clove garlic, minced | chopped |
| 4 T. butter | 1 C. milk |
| 1 lb. 13 oz. size can tomatoes | ½ lb. Monterey Jack cheese, cubed small |

Cook onion and garlic in 2 tablespoons butter until soft. Add tomatoes and simmer until thick, about 30 to 45 minutes. Then add chiles. Make a sauce with the remaining 2 tablespoons of butter, flour and milk. Cook until smooth and thick. Then add to the tomato mixture. About 3 or 4 minutes before serving, stir in cheese until melted. Serve with corn chips - Tostitos.

Mary Ann Nowicki
Oak Lawn, IL

TACO CHEESE DIP

COMBINE:

8 oz. cream cheese
(softened)

Large container sour cream
 $\frac{3}{4}$ pkg. taco seasoning mix

Spread combined ingredients on large plate or pizza pan. Chop the following (any amount you want) and layer on top of dip: lettuce, onion, green pepper, ripe olives, green olives, tomatoes, grated Cheddar cheese (over top). Serve with taco chips.

Chris & Morry Holthaus
Fredericksburg, IA

TOSTITO DIP

1 large pkg. cream cheese	$\frac{1}{2}$ head lettuce (diced)
1 small pkg. cream cheese	1 medium onion (chopped fine)
1 small container sour cream	2 C. shredded mozzarella or
1 env. taco seasoning	Cheddar cheese
5 medium tomatoes (diced)	1 large bag plain Tostito chips

Mix cream cheese, sour cream and taco seasoning. Spread on a cookie sheet. Layer on onions, lettuce, tomatoes and top with shredded cheese. Dip Tostitos chips into mixture to eat.

Sue Giesen
Vulcan, MI

SOUTH-OF-THE-BORDER AVOCADO DIP

8 oz. cream cheese
1 avocado (mashed)
1 T. lemon juice

2 T. mayonnaise
4 oz. sour cream

Mix above ingredients well. Spread on a serving dish. Completely cover dish and chill. Then layer: lettuce (finely shredded), tomato (finely chopped), onion (finely chopped), Cheddar cheese (shredded). Serve with nacho cheese tortilla chips.

Colleen Morgan
Mt. Zion, IL

SPINACH DIP

- | | |
|------------------------------|--|
| 1 C. mayonnaise | 1 pkg. dry Knorr vegetable soup mix |
| 1 C. sour cream | |
| 1 finely chopped small onion | 1 small can water chestnuts (finely chopped) |
| | 1-10 oz. pkg. frozen chopped spinach |

Cook spinach according to directions. Drain, pat dry with paper towels. Combine other ingredients and mix with spinach. Refrigerate 24 hours. Serve with assorted crackers.

Margaret Wilson
Durham, NC

FAVORITE SPINACH DIP

- | | |
|---------------------------|--|
| 1½ C. mayonnaise | 1-6 oz. can water chestnuts, chopped |
| 1½ C. sour cream | |
| ⅓ C. chopped green onions | 1-10 oz. pkg. frozen chopped spinach, dried out well |

Combine with 1 package dry vegetable soup mix. Mix and serve cold.

Sharon Trewin
New Hampton, IA

SHRIMP DIP

- | | |
|--------------------------------------|-------------------------------|
| 1-8 oz. pkg. cream cheese (softened) | 2 T. ketchup |
| 1 T. Miracle Whip | Dash of garlic |
| | 1 small can shrimp (deveined) |

Mix together all ingredients well (except shrimp). Add shrimp, refrigerate. Great with crackers.

Linda Watson
Lawler, IA

ROSARITA PIE DIP

2 cans jalapeno bean dip	Chopped onions
1-16 oz. container sour	Tomatoes
cream mixed with 1 pkg.	Cheddar cheese
taco seasoning mix	Lettuce
	Black olives

Layer these ingredients in order and serve with Fritos or corn chips.

Mary Jane Staebell
Jesup, IA

DILL WEED DIP

1 C. sour cream	2 T. dill weed
1 C. Hellmann's mayonnaise	

Mix together. Serve as a dip for raw vegetables or with pieces of pumpernickel bread.

Sue Tiedt
Sumner, IA

DILL DIP

1 C. sour cream	1/2 tsp. seasoning salt
1 C. Miracle Whip	1/2 tsp. onion salt
1 1/2 tsp. dill weed	5 or 6 dashes Worcestershire
1/2 tsp. garlic salt	sauce

Mix together and chill. Serve with raw vegetables or Town House Crackers.

Pam Little Klemm
Alexandria, VA

DILL DIP WITH CREAM CHEESE

1 C. mayonnaise	1½ tsp. Beau Monde
1-3 oz. pkg. cream cheese	1½ tsp. dill weed
1 T. minced onion	¼ tsp. curry powder
1 T. shredded parsley	1 C. sour cream

Blend well the mayonnaise and cream cheese. Add the seasonings. Fold in sour cream. Refrigerate. Use as dip for fresh vegetables - carrots, celery, broccoli, zucchini squash, cucumber, cauliflower.

Isabelle Rieser
Naperville, IL

BON APPETIT DIP

1 C. mayonnaise	1 T. dill weed
1 C. sour cream	2 T. chopped onion
1 T. bon appetit	

Blend well. Use with fresh raw vegetables.

Jo Hart
Lake Villa, IL

MOCK OYSTER DIP

¼ lb. oleo	1-6 oz. pkg. garlic cheese
1 small onion, chopped	1 can cream of mushroom
1-10 oz. pkg. chopped broccoli	soup
	1 can chopped mushrooms

Boil broccoli till mushy (do not add salt). Drain well. Saute onion in butter till soft. Add mushroom soup, mushrooms and cheese. Melt cheese and add broccoli. Heat. Serve with crackers or chips. Can be frozen.

If no garlic cheese available, use American cheese and add some garlic.

Georgia Boykins
Vicksburg, MS

BROCCOLI DIP

- | | |
|---|--|
| 1 stick margarine | 3 oz. can mushrooms, chopped
(reserve liquid) |
| 1 bunch shallots, chopped
fine | 1 pkg. frozen broccoli, chopped
(cooked as directed in
mushroom liquid, no salt) |
| 1 garlic clove, squeezed or
chopped | 1 can mushroom soup |
| 3½ oz. slivered almonds,
toasted & broken up | 1-8 oz. pkg. Kraft garlic cheese |
| Tabasco and Worcestershire
sauce to taste | |

Cook broccoli in mushroom liquid, drain well. Saute shallots and garlic in margarine. In top of double boiler, put mushroom soup and other ingredients. Heat until cheese melts. Serve HOT in chafing dish with Melba toast rounds. Will serve 20 people.

Mae Cromartie
North Chicago, IL

HOT DIP

- | | |
|--|--|
| 2 tsp. milk | ½ C. sour cream |
| 8 oz. cream cheese | Green peppers or onions, if
desired |
| 2½ oz. corned beef (or
ham), chopped fine | Snack crackers |

Mix together milk, cream cheese, corned beef (or ham), sour cream and green peppers or onions, if desired and bake 15 minutes at 350° F. Serve hot over snack crackers.

Kathy Altman
Coon Rapids, MN

HOT CHEESE DIP

- | | |
|-------------------------------|------------------------------------|
| 1 lb. Velveeta cheese | 1 can green chiles and
tomatoes |
| 1 C. melted Cheddar
cheese | 1 can green chiles |
| 1 lb. browned pork sausage | |

Mix together and melt. Serve with Tostitos. Refrigerates well and can also be used as a spread.

Sue Tiedt
Sumner, IA

CHICKEN WINGS

4 lbs. chicken wings
2 C. brown sugar

5 oz. bottle soy sauce

Cut chicken wings in half. Cut off tips. Mix brown sugar and soy sauce in saucepan till boiling. Pour over chicken wings in roasting pan. Bake for 3 hours at 300°. Turn after 2 hours.

Edna M. Kriese
Mauston, WI

PERUVIAN "SHISH-KABOBS" (ANTICUCHOS)

2 beef hearts
1 T. paprika
1 tsp. ground cumin
10 cloves garlic, minced

1 tsp. pepper
½ bottle vinegar
1 T. salt

Clean heart thoroughly, removing nerves and fat. Cut in long strips, then in small squares. In a bowl, add the garlic, cumin, paprika, salt, pepper and vinegar. Mix well. Marinate meat in this sauce overnight in a covered bowl. Place pieces of heart on wooden or metal skewers and cook on a spit or rack over direct heat, basting with the following sauce. Prepare in a bowl ½ cup oil, 1 tablespoon red hot pepper and ½ cup of the marinade used above. Baste the Anticuchos while they are cooking with a brush made of corn husks. Prepare the following sauce to serve with the Anticuchos. SAUCE: Mix 1 tablespoon yellow hot pepper, 1 onion, finely chopped, salt and vinegar.

Hope VaLente
Ilo, Peru

SALMON BALL

1-1 lb. can salmon
1-8 oz. pkg. softened cream
cheese
1 T. lemon juice

2 tsp. grated onion
1 tsp. prepared horseradish
¼ tsp. salt
¼ tsp. liquid smoke

Mix together. Form into a ball. Roll in walnuts and parsley.

Lisa Heller
Sumner, IA

HAM & CHEESE BALL

2-8 oz. pkgs. Philadelphia cream cheese, softened	1 T. Worcestershire sauce
2 pkgs. ham	Dried parsley flakes
1 small onion	Snack crackers

Combine cream cheese with finely chopped ham (or corned beef) with Worcestershire sauce and finely chopped onion. Mix well and form into a ball. Chill at least 2 hours. Roll in parsley flakes before serving. Serve with snack crackers. Freezes well.

Kathy Altman
Coon Rapids, MN

CHEESE BALL

2-8 oz. pkgs. cream cheese, softened	7 dashes garlic salt
7 green onions, chopped fine	1 T. milk
1-3 oz. pkg. corned beef, chopped fine	1 T. mayonnaise
	½ tsp. lemon juice

Mix all ingredients well. Shape into ball. Refrigerate. Serve on your favorite crackers.

Dorothy Jancosek
Cedar Lake, IN

PINEAPPLE CHEESE BALL

2-8 oz. pkgs. cream cheese, softened	2 C. chopped pecans
1-8½ oz. can crushed pineapple, drained VERY well	¼ C. finely chopped green pepper
	2 T. finely chopped onion
	1 T. seasoned salt

Beat cream cheese until smooth. Add rest of ingredients; using only 1 cup of nuts. Shape into a ball. After chilled well, roll ball into remaining 1 cup of pecans. Makes about 40 appetizer servings. Can be rerolled in nuts and refrigerated for several days.

Mae Cromartie
North Chicago, IL

EGGS DELUXE

6 hard-cooked eggs
3 T. mayonnaise or salad
dressing
1-2¼ oz. can deviled ham

3 T. finely chopped green
pepper
¼ C. (1 oz.) shredded Cheddar
cheese
Paprika

Slice eggs in half lengthwise and carefully remove yolks. Mash yolks and add mayonnaise; mix well. Stir in deviled ham and green pepper. Stuff whites with mixture; sprinkle with cheese and paprika. Makes 6 servings.

Mae Cromartie
North Chicago, IL

PICKLED EGGS

2 large onions (ringed)
2 doz. boiled eggs
6 T. canning salt
4 T. sugar

8 to 10 red chili peppers
2 tsp. pickling spice
1 qt. vinegar (white)
2 C. water

Boil eggs, cool and peel. Simmer mixture of vinegar, water, sugar, salt and pickling spices for 10 minutes. Cool somewhat and pour over eggs, onion rings and red peppers in large, covered jar.

Sue Giesen
Vulcan, MI

SHRIMP DE JONGHE MINIATURES

1-6 oz. pkg. frozen (small)
shrimp, thawed as per
directions
½ C. butter or margarine,
softened

½ tsp. garlic salt
2 T. minced parsley
Dash sherry (optional)
12 slices bread (Pepperidge
Farm works best)

Trim crusts from bread and cut each into 4 triangles. Cream butter until light and fluffy; add garlic salt and parsley. Mix in minced shrimp. Toast triangles on one side. Spread shrimp mixture on untoasted side. Broil until delicately browned.

Joanne Strong
Arlington Heights, IL

SHRIMP SPREAD

- | | |
|------------------------------------|---------------------------------------|
| 1-8 oz. pkg. softened cream cheese | 1 can baby shrimp, rinsed and drained |
| 1 bottle cocktail sauce | 2 to 3 C. grated mozzarella cheese |
| | 1 small onion, diced |

Soften cream cheese and spread on a plate or glass pie plate. Pour on cocktail sauce. Rinse and drain shrimp and arrange on top of sauce. Sprinkle with finely chopped onion and/or black olives, green olives, green pepper, pimento or tomatoes, if desired. Sprinkle mozzarella cheese over the entire spread. Serve with Triscuits or Ritz crackers.

Lisa Heller
Sumner, IA

EGG ROLLS

- | | |
|----------------------------|---|
| 1 pkg. purchased egg rolls | 1½ lbs. cooked, ground beef or pork sausage or finely cut up beef, pork or chicken, drained |
| 2 T. soy sauce | |
| 1 T. cornstarch | |
| 2 T. water | |
| 1 T. peanut oil | 1 medium-size head of finely chopped cabbage |
| 1 clove garlic, minced | 2 carrots, shredded |
| | 5 Spice seasoning powder |

Blend soy sauce into cornstarch. Stir in water and set aside. Heat wok over high heat; add oil. Fry garlic for 30 seconds. Add cooked meat, cabbage and carrots. Stir-fry for 3 minutes. Stir in soy sauce mixture; stir into wok. Season to taste with seasoning. Cook and stir 1 minute. Cool slightly before wrapping in egg rolls. In wok, heat 2" of oil to 365°. Fry 1 or 2 egg rolls at a time for 2 to 3 minutes or till golden brown. Drain on paper towels; serve warm.

Ruth Bernatz
New Hampton, IA

FRIED LUMPIYA

(VEGETABLE EGG ROLL)

- | | |
|---|---|
| ½ C. pork (cut into small strips) | 2 T. chopped onions |
| 2 C. bean sprouts | 1 clove garlic (minced) |
| 2 medium-sized potatoes (peeled & cut into thin strips) | ½ C. oil |
| 1 carrot (cut into fine strips) | 3 T. soy sauce |
| ½ C. shrimp (cleaned & deveined) | Salt to taste |
| | Accent (optional) |
| | Lumpiya wrappers (may be purchased at the oriental or Filipino store) |

Prepare all ingredients before sauteing. Saute the garlic and onion in oil. Then add the chopped shrimp, pork and potatoes. Cook until potatoes are done. Lastly, add carrots and bean sprouts. When done, season with soy sauce, salt and Accent. Let it cool. Wrap in Lumpiya wrapper very tightly. Fry until brown.

Chita B. Acosta
Waukegan, IL

SPAM SPREAD

- | | |
|-------------------------------------|-------------------|
| 1 can grated Spam | ½ C. sweet relish |
| 3 hard-boiled eggs (grated, save 1) | ⅓ C. grated onion |

Mayonnaise to moisten. Put in bowl. Grate egg on top. Serve with crackers.

Jo Hart
Lake Villa, IL

CRABMEAT DELITE

- | | |
|--|--|
| ¼ lb. butter or margarine | 1 small jar processed American cheese spread |
| 1 small can crabmeat, drained & shredded | 1 small onion, chopped fine |
| 4 oz. can mushrooms, drained | 6 English muffins, split in half |

Cream butter until soft and add cheese. Mix in remaining ingredients. Spread on muffin halves. Brown in 375° oven.

Kay Dicig
Waukegan, IL

ORIENTAL MEATBALLS

MEATBALLS:

1 lb. ground beef
1 egg
1 T. cornstarch
½ C. chopped onion
½ tsp. salt
1/8 tsp. pepper
Dash monosodium
glutamate (optional)
2 T. salad oil

SAUCE:

1-20 oz. can pineapple chunks
in own juice
1 T. salad oil
3 T. cornstarch
⅓ C. water
3 T. vinegar
1 T. soy sauce
½ C. sugar
1 large green pepper, cut in
strips

MEATBALLS: Combine all meatball ingredients except salad oil. Form into 1" balls. Fry in large skillet in the 2 tablespoons of salad oil. Drain.

SAUCE: Drain juice from pineapple chunks to equal ¾ cup. In saucepan, heat pineapple juice and oil. Add mixture of cornstarch, water, vinegar, soy sauce and sugar. Cook over low heat until sauce thickens, stirring constantly. Add meatballs, pineapple chunks and green peppers. Being careful not to cook, just HEAT through. If mixture is allowed to cook, color and crispness of peppers and pineapple will be lost. Provide picks for guests to use for dipping meatballs from the sauce. Makes about 40 meatballs, about 60 calories each.

Nora C. O'Malley
McHenry, IL

SAUCY COCKTAIL MEATBALLS

1 lb. ground round steak
2 T. bread crumbs

1 egg, beaten
½ tsp. salt

Mix the above and shape into 50 small meatballs. Place in shallow baking pan (13x9x2"). Broil until browned. Spoon off fat. In saucepan, cook ⅓ cup each finely chopped green pepper and onion in 2 tablespoons butter until tender. Stir in 1 can tomato soup, 2 tablespoons brown sugar, 4 teaspoons Worcestershire, 1 tablespoon each prepared mustard and vinegar. Pour over meatballs. Cover, bake at 350° F. for 20 minutes. Serve with cocktail toothpicks.

Marion Henderson
Gurnee, IL

CRAB PUFFS

4 eggs whites, room temperature	Dash freshly ground pepper
$\frac{3}{4}$ tsp. cream of tartar	Dash ground red pepper
1 $\frac{1}{4}$ C. mayonnaise	16 slices white bread, well toasted and halved diagonally (crusts trimmed)
8 oz. crabmeat, flaked	
1 T. freeze-dried chives	

Beat egg whites in large bowl until frothy. Add cream of tartar and continue beating until very stiff. Combine mayonnaise, crabmeat, chives and peppers in another bowl. Fold into whites, blending well. Preheat broiler. Arrange toast triangles on large baking sheet. Top each with 1 heaping tablespoon crabmeat mixture. Sprinkle with paprika. Broil 4 to 5" from heat source until puffed and golden brown, 3 to 5 minutes. Serve immediately. Serves 8.

Whelma Guimond
Waukegan, IL

AVOCADO MOUSSE

2 avocados	$\frac{1}{2}$ tsp. Worcestershire sauce
1 $\frac{1}{2}$ tsp. unflavored gelatin	$\frac{1}{2}$ tsp. salt
1 $\frac{1}{2}$ tsp. fresh lemon juice	$\frac{1}{4}$ tsp. freshly ground pepper
$\frac{1}{4}$ C. mayonnaise	$\frac{1}{4}$ tsp. paprika
1 $\frac{1}{2}$ tsp. grated onion	3 T. sour cream

Puree avocado in food processor or blender. Soften gelatin in lemon juice and add remaining ingredients. Mix well, turn into serving bowl. Whip sour cream lightly with fork and spread over mousse to prevent discoloration. Refrigerate until set, garnish with cucumber slices. Serves 4.

Whelma Guimond
Waukegan, IL

Food kept from going to waste, sometimes goes to waist.

HOT MUSHROOM TURNOVERS

- | | |
|--|-------------------------|
| 1-8 oz. pkg. cream cheese,
softened | ½ lb. mushrooms, minced |
| 1 large onion, minced | 1 tsp. salt |
| ¼ C. sour cream | ¼ tsp. thyme |
| | 1 egg, beaten |
| | Flour |
| | Butter |

In a large bowl with mixer at medium speed, beat cream cheese, 1½ cups of flour and ½ cup butter until smooth. Shape into ball; wrap and refrigerate for 1 hour. In a skillet over medium heat, melt 3 tablespoons butter, cook mushrooms and onions till tender. Stir in sour cream, salt, thyme and 2 tablespoons flour, set aside. On floured surface, roll out dough to 1/8" thickness. Using 2¾" cookie cutter, cut out circles and repeat. Place 1 teaspoon of mushroom mixture on ½ of dough. Brush edges with beaten egg. Fold dough over filling. With fork, press edges together and seal. Prick tops. Place on ungreased cookie sheet. Brush with remaining egg mixture and bake 12 to 14 minutes or until golden. Serves 20.

Paula Dahl
New Hampton, IA

PIZZA APPETIZERS

- | | |
|--|---|
| 1 small can tomato paste
or pizza sauce | ½ lb. Cheddar or mozzarella
cheese, grated |
| ½ lb. salami, ground twice | Sprinkle of oregano |

Serve on Ritz crackers. Bake in 425° oven for 5 or 6 minutes.

Mrs. George J. Semmerling
Chicago, IL

MEXICAN FUDGE

- | | |
|---|------------------------------------|
| 2 C. shredded Cheddar
cheese | 5 eggs, beaten |
| 2 C. shredded Monterey
Jack cheese or jalapeno | 1 small bottle green taco
sauce |

Mix eggs and sauce. Mix cheeses in a separate bowl. Put ½ cheese mixture in a greased (with Pam) 9x9" pan. Pour egg mixture over cheese. Top with remaining cheese. Bake 30 minutes at 375°. Cool slightly. Cut into squares. Serve over taco chips.

Sister M. Jude Henken, P.H.J.C.
Chicago, IL

FRIENDSHIP TEA

2 C. Tang	1½ tsp. cinnamon
1 C. instant lemon tea mix	¾ tsp. cloves

Mix together and store in airtight container. Add 2 to 3 tablespoons per cup of boiling water for good hot tea.

Laura Gefaller
Waucoma, IA

RUSSIAN TEA

2 C. Tang	1 regular-size pkg.
¾ C. instant tea	presweetened lemonade
1½ C. sugar	(makes 2 qts.)
	1 tsp. cinnamon
	½ tsp. cloves

Mix all ingredients. Add 1 to 2 teaspoons to a cup of hot water.

Cheryl Niewoehner
Sumner, IA

OLD ENGLISH SPICED CIDER

1 tsp. whole spice	2 qts. apple cider
2-2" sticks cinnamon	⅔ C. brown sugar
12 whole cloves	

Simmer 10 minutes or so. Serve piping hot with dash of nutmeg. Quantities can be increased for receptions and open house celebrations. Keep hot and serve from 4 to 5 gallon crock pots.

One cup cognac, rum, brandy or whiskey could be added - or wine.

Joan Margaret Nieses
Northfield, IL

GOOD AND EASY PUNCH

3 pkgs. strawberry soft
drink mix, unsweetened

3 pkgs. cherry soft drink mix,
unsweetened

Mix as directed on package except omit sugar.

2 large cans pineapple juice 2 large cans orange juice

Mix and add to soft drink. Heat 1 quart water and add 5 pounds sugar until sugar is well dissolved and add to other ingredients. Fill punch bowl $\frac{1}{2}$ to $\frac{3}{4}$ full and add $\frac{1}{2}$ bottle ginger ale to each filling.

Joan Crowley
Conneautville, PA

PUNCH

2 C. orange juice
2 C. pineapple juice

$\frac{1}{2}$ C. lemon juice

Mix together and refrigerate. A few minutes before serving, add 2 quarts sherbet (any flavor) and 4 quarts cold ginger ale. Serves approximately 30.

Lucille Kunkel
Mapleton, MN

WHISKEY SLUSH

2 C. strong tea
7 C. water
2 C. sugar

3 C. whiskey
1 small can frozen orange
juice (6 oz.)
1 large can frozen lemonade
(12 oz.)

Mix ingredients together. Freeze till icy. To serve, scoop into a glass and add ginger ale.

Sister Elizabeth Ann Dudas, S.Sp.S.
Waukegan, IL

PAPAYA MILK SHAKE

2 large papayas	3 C. milk
$\frac{2}{3}$ C. sugar	1 tsp. nutmeg
$\frac{1}{4}$ C. lemon or lime juice	1 C. cracked ice

Peel papayas with potato peeler; remove seeds and mash with a fork. Combine all ingredients except nutmeg in blender and blend. Serve topped with nutmeg.

Hope VaLente
Ilo, Peru

SPOON UP EGGNOG

4 eggs (separated)	1 to 2 tsp. rum flavor
$\frac{1}{2}$ C. sugar	1 carton whipping cream
$\frac{1}{8}$ tsp. salt	(whipped)

Beat egg yolk, sugar and salt until thick and lemon colored. Stir in rum flavor. Fold egg yolk mixture into the whipped cream. Beat egg whites until stiff. Fold gently into cream mixture. Chill eggnog. Serve in cup with spoon. For thinner eggnog, use 1 pint milk. Sprinkle with nutmeg, if desired.

Argentina Havard
Vicksburg, MS

ORANGE JULIUS

6 oz. can concentrate	$\frac{3}{4}$ C. sugar
orange juice	1 C. milk
1 C. water	$\frac{1}{2}$ tsp. vanilla
	12 ice cubes

Blend all ingredients in blender and blend until smooth. Makes a good refreshing drink. Does not keep well.

Kathy & Jeff Bernatz
New Hampton, IA

JANINE'S SLUSH

2-3 oz. pkgs. jello (choice of color & flavor)	1-16 oz. bottle lemon juice
2-46 oz. cans pineapple juice	2 C. sugar
	½-fifth of vodka
	9 C. water

Dissolve jello with an additional 3 cups boiling water. Add 9 cups cold water, juices, vodka and sugar. Freeze and stir often! Serve with sweet or sour soda mix.

Karla Brannon
New Hampton, IA

HOT BUTTERED RUM

CREAM TOGETHER:

1 lb. butter, softened	1 lb. powdered sugar
1 lb. brown sugar	

Beat well until mixture is fluffy.

ADD:

1 tsp. cloves	1 tsp. cinnamon
1 tsp. nutmeg	1 qt. soft vanilla ice cream

Beat well and freeze. It stays soft enough to spoon. In a coffee mug, put in 2 to 3 heaping teaspoons of batter, 1 jigger rum and 6 ounces boiling water. Stir. Serves 30.

Kay Welper
New Hampton, IA

SPICED COCOA MIX

2 C. nonfat dry milk powder	⅓ C. sifted powdered sugar
½ C. powdered non-dairy creamer	¾ tsp. ground cinnamon
¼ C. unsweetened cocoa powder	½ tsp. ground nutmeg

Combine all ingredients. For each serving, combine ⅓ cup cocoa mix and ¾ cup boiling water in a mug, stir. If desired, can stir in 1 teaspoon instant coffee crystals and stir with a cinnamon stick. Makes 2¾ cups of mix or eight 6-ounce mugs.

Joan Crowley
Conneautville, PA

Notes

SOUPS+SALADS



FRENCH ONION SOUP

The onions for an onion soup need a long, slow cooking in butter and oil, then a long slow simmering in stock for them to achieve the deep, rich flavor of the perfect brew. Count on 2½ hours at least, from start to finish.

1½ lbs. or about 5 C. of	3 T. butter
thinly sliced yellow	1 T. oil
onions	

Cook the onion slowly with the butter and oil in a heavy bottomed, 4-quart covered saucepan for about 15 minutes. Uncover, raise to moderate heat and stir in 1 teaspoon salt and ½ teaspoon sugar (helps onions brown). Cook for 30 to 40 minutes, stirring frequently, until the onions have turned an even, deep golden brown. Sprinkle in 3 tablespoons flour and stir for 3 minutes.

1 qt. canned beef bouillon, boiling	½ C. dry white wine or red wine
1 qt. water, boiling	Salt and pepper to taste
	1 bay leaf

Turn off the heat, blend in the boiling liquid. Add the wine and season to taste. Simmer partially covered for 30 to 40 minutes or more, skimming occasionally. May be served in individual bowls, topped with a round of sliced French bread sprinkled heavily with finely grated Parmesan cheese. Place filled bowls in oven to melt cheese.

Ann Viernes
Chicago, IL

Think only of yourself and others will soon forget you.

MINESTRONE SOUP

1 clove garlic, minced	½ tsp. chopped parsley flakes
1 medium onion, chopped	3½ C. water
1 T. salad oil	1 tsp. salt
½ lb. leftover roast beef (cut in ½" cubes)	½ tsp. marjoram
1-16 oz. can whole tomatoes (chopped)	½ tsp. black pepper
1 small zucchini, sliced	1-20 oz. pkg. frozen mixed vegetables
	½ C. cooked elbow macaroni

In soup kettle, saute onion and garlic in oil. Add beef, tomatoes, zucchini, parsley, water, seasonings and mixed vegetables. Stir, bring to boil, cover and reduce heat. Simmer for 15 minutes or until vegetables are tender. Add cooked macaroni. Stir and heat through for approximately 3 minutes. If desired, Parmesan cheese may be sprinkled on top.

Margaret Wilson
Durham, NC

HAMBURGER SOUP

Brown 1½ pounds ground beef in heavy Dutch oven.

ADD:

½ tsp. salt	1 T. soy sauce
¼ tsp. pepper	1 C. diced celery
¼ tsp. oregano	6 C. boiling water
¼ tsp. basil	1 C. diced carrots
¼ tsp. seasoning salt	1 pkg. onion soup mix
1-8 oz. can tomato sauce	

Simmer all together for 30 minutes. Add 1 cup elbow macaroni and simmer 30 minutes more. Serve. Sprinkle with Parmesan cheese, if desired.

Barb Thraenert
Elma, IA

HAMBURGER VEGETABLE SOUP

- | | |
|-------------------------------|-------------------------------------|
| 1 lb. hamburger (ground beef) | ½ C. chopped onion |
| 2 C. tomato juice | ¼ C. rice (uncooked) |
| 1 C. celery | 1 C. diced carrots |
| 5 C. water | Salt and pepper, according to taste |

Crumble ground beef and place in kettle. Brown. Then add all other ingredients and simmer 1 hour. Serves 8.

Sister Joan Marie Wendl, F.S.P.A.
LaCrosse, WI

TURKEY / SAUSAGE GUMBO (MICROWAVE)

- | | |
|-----------------------------|---|
| Leftover turkey and carcass | 4 toes chopped garlic |
| ½ C. flour | 1 ring smoked sausage (cut into ¼" rings) |
| ½ C. oil | 2 tsp. salt |
| 1 C. chopped onions | ½ tsp. pepper |
| ½ C. chopped celery | ¼ tsp. cayenne pepper (or to taste) |
| ¼ C. chopped green onions | 1 T. file (if available) |
| ¼ C. chopped parsley | |

On the stove or in the crock pot, boil carcass and leftover turkey in 4 quarts of water until meat falls from bones. Take out meat (I usually pour everything into a colander placed in a 4-quart casserole dish.) Set meat aside in colander to cool. In a 3-quart ovenproof casserole, make a roux with the flour and oil. Blend flour and oil, cook in microwave on high for 8 to 10 minutes. The color of the roux should be a deep caramel - careful, don't let it burn! Roux does not look good at this point. The flour is still gritty and the fat a little separated. Don't worry! Stir onions and celery into roux; saute 2 to 3 minutes on high. Stir in green onions, parsley and garlic; saute on high for 1 to 2 additional minutes. Stir roux and vegetables into liquid stock, along with turkey meat and sausage rings. Season with salt, pepper and cayenne pepper and cover. Cook on high for 15 minutes, then medium speed for 15 minutes, stir. Cover and let stand until ready to serve over rice. Reheat. (Sprinkle with file before serving.) Gumbo is best the following day. Eat with French bread (buttered), dipped in gumbo!

Marge Paletou
New Orleans, LA

HOMEMADE VEGETABLE SOUP

6 lbs. beef shanks, cracked	1 C. chopped onion
2 qts. water	2-16 oz. cans tomatoes
2 bay leaves	2 tsp. salt
10 peppercorns	½ tsp. marjoram leaves
2 C. sliced carrots	½ tsp. thyme leaves
1 C. chopped celery	

In large kettle, cover shanks with water; heat to boiling. Add bay leaves and peppercorns. Reduce heat; cover and simmer 1 ¾ hours or until meat on shanks is tender. Remove shanks from stock; cut meat from shanks into ½" cubes. Let stock cool slightly. Skim fat from surface. Strain stock into large kettle. Add meat and remaining ingredients. Heat to boiling. Reduce heat; cover and simmer about 20 minutes or until carrots are tender. Makes 16 servings (1-cup each).

Carmel K. O'Kane
Skokie, IL

WINTER DAY BEAN SOUP

2 C. mixed dried beans	1 large onion, chopped
2 T. salt	1 clove garlic, minced
2 qts. water	1 tsp. chili powder
2 C. diced ham or sliced smoked sausage	1-28 oz. can tomatoes, chopped
	1 to 2 T. lemon juice

(Use at least 7 varieties of beans - Great Northern, navy, black, garbanzo, green split peas, pinto and red beans.) Rinse beans; place in large kettle. Cover with water; add salt and soak overnight. Drain. Add 2 quarts of water and ham/sausage. Simmer for 2½ to 3 hours. Add onion, garlic, chili powder, tomatoes and lemon juice. Simmer 45 minutes. Add salt and pepper, if desired. Yields 2 quarts.

Dorothy Sladick
Springboro, PA

DILL SOUP (POLISH)

3 lbs. pork neckbones
1 onion

7 qts. water

Cook for 1½ hours. Then add 5 carrots, cut up and cook for 30 minutes. Then add 3 or 4 potatoes, cut up and cook another 30 minutes. Take 4 dill pickles, chop up fine. Coat in flour and fry for 3 minutes in 4 tablespoons butter or margarine. Add the fried pickles to the rest of the soup and simmer for 2½ hours. Just before serving, take 4 tablespoons of sour cream, 1 tablespoon of flour and 2 tablespoons of soup, mix well and add slowly to the soup.

Gert Kabachinski
Menomonee Falls, WI

KAPUSTA SOUP (SAUERKRAUT SOUP)

1-32 oz. jar Clousen
sauerkraut (they also
come in plastic bags)

2 or 3 C. water

2 T. barley

2 strips bacon

Salt and pepper to taste

8 potatoes, cooked and
mashed

Put sauerkraut into large pot. Drain and wash twice. Add water and bring to a boil. Add barley, bacon, cut into 1" long pieces, salt and pepper. Mix together and let boil slowly for 45 minutes. If water has evaporated while sauerkraut is cooking, add a little more. Peel and cut potatoes into another pot. Cook, drain and mash. Drop mashed potatoes by spoonful into sauerkraut mixture and cook another 15 minutes. "Bardzo Dobrze"

Eva Jones
Gurnee, IL

Give others a piece of your heart, not a piece of your mind.

PIQUANT MUSHROOM SOUP

1/3 C. pearled barley

1/2 tsp. salt

Cook until tender in 2 cups of water. Add 1 quart sauerkraut juice and 8 ounce can of chopped or 1 cup of fresh mushrooms. Prepare browned butter sauce by browning 1/4 cup butter and 2 tablespoons flour in skillet until medium brown. Allow to cool and add 1 cup hot water. Stir until smooth. Add to soup. Heat. Yields 4 to 6 servings.

This recipe has been a traditional Christmas Eve appetizer in Czechoslovakian households.

Carol Pribula
Phoenix, AZ

CHEESE-BROCCOLI SOUP

3 cans cream of potato
soup

2 cans cream of chicken
soup

2 chicken bouillon cubes

3/4 C. water

3/4 C. milk

1 lb. Velveeta cheese, cubed

2 C. mozzarella cheese,
shredded

1-20 oz. bag frozen, cut
broccoli, thawed and drained

1 1/2 C. shredded carrots

Pepper

Blend soups, bouillon, water and milk in a 5-quart saucepan or crock pot over low heat. Add cheeses. Once cheese has melted, add vegetables that have been brought to room temperature. Add pepper for color and taste. Simmer over low heat for 1/2 hour. Serve warm.

Dan and Linda Little
Girard, PA

A good laugh is sunshine in a house.

GOLDEN POTATO SOUP

3 C. water	3 C. milk
2½ C. diced potatoes	2 T. chopped parsley
1 medium onion, diced	Salt and pepper to taste
3 carrots, grated	1 C. sour cream
3 T. instant bouillon, beef flavor	

Combine water, potatoes, onion, carrots and beef bouillon in 3-quart saucepan. Simmer until potatoes are tender (about 15 minutes). Mash potatoes in liquid. Stir in remaining ingredients and heat gently. Makes 6 to 8 servings.

Sister Mary Alice Willems, O.S.M.
Superior, WI

CABBAGE SOUP

3 heads cabbage	1 tsp. salt
1 C. butter	2 carrots (chopped small)
3 T. parsley	½ tsp. pepper
4 T. flour	Water
4 T. chicken base	3 C. milk
1 lb. frozen peas	

Melt butter in pan. Add flour, stirring constantly, until thick. Add chicken base to water, then pour into flour mixture slowly. Add milk and rest of ingredients. Cook for approximately ½ to 1 hour.

Shirley Recker
Alta Vista, IA

Believe in yourself, and what others think won't matter.

WON TON SOUP

FILLING:

1 celery heart and leaves 1 lb. stew meat
1 can bamboo shoots

Chop above 3 ingredients until very, very fine - almost minced. Put about 12 cups water on to boil in large pot. When water boils, add 8 chicken bouillon cubes and let set until needed, keeping water hot. Put chopped meat in bowl and add the following:

1 tsp. salt	½ tsp. black pepper
1 T. soy sauce	1 T oil
1 tsp. seasoned salt	½ T. gravy sauce
¼ tsp. ginger	

Let this marinate for about 20 minutes. Add the chopped celery and bamboo shoots to above mixture. Add 1 tablespoon more soy sauce and mix well. Set aside until you are ready to stuff won ton noodles.

NOODLES: This recipe for dough is the same for homemade noodles, egg rolls, Chinese pizza and other Chinese dishes needing noodles or crust. This recipe can be made in much smaller quantities, if desired.

Pour 5 cups flour in very large bowl and add water, a little at a time, until dough is moist, but not wet. It should be dry enough to still have trouble mixing in all the flour. Knead and mix with hands until it stays together in a ball. Cover ball of dough with wet cloth and let "rest" for 10 minutes. **NEXT**, knead dough on floured board until smooth and easy to handle. This will take several minutes. Pinch off small amount and roll out until it is **paper thin**. Cut dough into small triangles (about 3" at longest side). Wrap a very small "dab" of meat in triangles. When all triangles have been wrapped, drop in boiling chicken broth. Cook until noodles rise to top. Cool with a little cold water to stop boiling and allow noodles to rise to top again. Soup is not ready to eat. You may garnish with minced parsley or celery leaves. Also add soy sauce to taste.

Sr. Arnolda Chang, S.Sp.S.
Norway, MI

ZUCCHINI SOUP

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|--|--------------------------|
| 1 lb. Italian sausage, sweet
or hot | 1 tsp. Italian seasoning |
| 2 C. celery, chopped | 1 tsp. oregano |
| 2 lbs. zucchini, sliced | 1 tsp. sugar |
| 1 C. chopped onion | ½ tsp. basil |
| 2-28 oz. cans tomatoes | ¼ tsp. garlic powder |
| 2 tsp. salt | 2 green peppers, chopped |

Remove casing from sausage and brown. Drain off excess fat. Add chopped celery and cook for 10 minutes, stirring occasionally. Add all remaining ingredients, with the exception of the green pepper. Cover and simmer for 20 minutes. Add the green pepper and cover again. Simmer an additional 10 minutes. Makes 3½ quarts. Cooked noodles may be added. Serve with Parmesan cheese.

Mary Sublewski
Oak Lawn, IL

VEGETABLE CHEESE SOUP

- | | |
|------------------------|------------------------------------|
| 1 C. shredded potatoes | 2 C. milk |
| ½ C. chopped celery | ½ C. flour |
| ½ C. chopped onion | 12 oz. shredded Velveeta
cheese |
| ½ C. chopped carrots | 1 tsp. parsley flakes |
| 4 T. butter | ½ tsp. pepper |
| 3 C. chicken broth | |

In a Dutch oven, saute vegetables in butter until tender. Add chicken broth and simmer for 30 minutes. Thoroughly blend flour and milk. Add to soup base. Add the shredded cheese, parsley and pepper. Cook soup on low heat until cheese is melted.

Loyce Horan
New Hampton, IA

CHEESY CHOWDER

- | | |
|------------------------|------------------------------|
| 1 C. chopped potatoes | Dash of pepper |
| ½ C. each: chopped | 2 C. milk |
| carrots, celery, onion | ½ C. flour |
| & green pepper | 3 C. (12 oz.) shredded sharp |
| 4 T. butter | Cheddar cheese |
| 3 C. chicken broth | 1 T. snipped parsley |

In a heavy saucepan, cook potatoes, carrots, celery, onion and green pepper in butter until tender, but not browned. Add chicken broth and pepper. Cover and simmer 30 minutes. Blend together milk and flour; add cheese and parsley. Stir into chowder; cook and stir until thickened and bubbly. Serves 8.

Peggy Dwyer
Glenview, IL

HAWAIIAN SALAD

- | | |
|------------------------|------------------------------|
| ½ lb. green grapes | ½ pt. sour cream |
| ½ lb. red grapes | 2 envs. Dream Whip, prepared |
| 1 large can pineapple | per directions on box |
| chunks, drain juice | 1 small bag mini- |
| 2 cans mandarin orange | marshmallows, assorted |
| slices, drain juice | colors |
| | 1 can coconut, optional |

Cut grapes into ½ pieces; remove seeds. Mix all ingredients together well. Refrigerate and chill 1 to 2 hours before serving.

Ann Viernes
Chicago, IL

ONE CUP SALAD

- | | |
|-----------------------|------------------------|
| 1 C. miniature | 1 C. coconut |
| marshmallows | 1 C. crushed pineapple |
| 1 C. sour cream | (drain juice off) |
| 1 C. mandarin oranges | |

Mix ingredients, cover and refrigerate overnight or at least 4 hours. Serve on lettuce leaves. Double recipe for larger number of guests.

Sr. Agnes Marie Crabb, S.Sp.S.
Techny, IL

PRETZEL SALAD

Cream together 3 tablespoons sugar and $\frac{3}{4}$ cup margarine. Add 8 ounces broken pretzels. Pat into 13x9" pan and bake at 350° for 10 minutes. Cool.

MIX TOGETHER:

8 oz. cream cheese
1 C. sugar

8 oz. Cool Whip

Spread over cooled pretzels. Mix 1 large package strawberry jello and 2 cups boiling water. Add 16 ounce package frozen strawberries and stir until thick. Spread over cheese mixture. Chill and serve.

Barbara Schulenberg
Lindenhurst, IL

PRETZEL SALAD WITH PINEAPPLE JUICE

2 $\frac{2}{3}$ C. coarsely chopped
pretzels
1 $\frac{1}{2}$ cubes butter or
margarine
12 oz. pkg. cream cheese
1 $\frac{1}{4}$ C. sugar

1 large bag frozen
strawberries
 $\frac{3}{4}$ carton Cool Whip (large)
6 oz. pkg. strawberry jello
2 C. pineapple juice

Mix pretzels and butter together and press into 9x13" baking dish. Bake at 400° for 10 minutes. Cool. Cream cheese and sugar together and spread over pretzels. Spread Cool Whip over cheese and chill. Dissolve jello in hot pineapple juice; add strawberries and allow to partially set, then pour over chilled mixture and refrigerate.

Mary Pat Steveson
Whitefish, MT

WALDORF SALAD

- | | |
|--------------------------|----------------------|
| 2 C. diced apples | 1 C. diced pineapple |
| 1 C. seeded white grapes | 1 C. chopped nuts |
| 1 C. diced marshmallows | 3 bananas, diced |
| 1 C. diced celery | Few grains of salt |

Combine apples, white grapes, pineapple, celery, marshmallows, bananas, chopped nuts and salt. Moisten with mayonnaise. Mix lightly with 2 forks. Serve on crisp lettuce. Makes 8 servings. Juice of 1 lemon and 1 cup water is good to put apples in, then drain before adding to rest of fruit. This keeps them from turning dark.

Mary Ann Wappelhorst
Colwich, KS

FRUIT SALAD

COOK UNTIL THICK:

- 3 egg yolks
- 1 T. sugar
- 1 T. vinegar
- 1 T. butter
- 2 T. pineapple juice

DRAIN WELL:

- 1 can pineapple tidbits
(save juice)
- 1 jar white cherries
- 2 small cans mandarin oranges
(cut up)
- 1 large can fruit cocktail

Add $\frac{1}{4}$ pound small marshmallows. Whip 8 ounces Richwhip cream and mix with topping. Fold in fruit. Can be made the day before. Can also add fresh cut-up grapes, but no bananas because they turn brown. When ready to serve, mix it up.

Mary Anne Hannas
Waukegan, IL

RUTH'S FRUIT SALAD

- | | |
|---|---|
| 1 can pineapple chunks or
tidbits (with juice) | 1 can mandarin oranges
(drained) |
| 1 can fruit cocktail
(drained) | 1 box frozen strawberries |
| | 1 box French vanilla instant
pudding |

Mix and chill overnight. Sliced bananas may be added before serving.

Ruth Altman
Spring Lake Park, MN

PINEAPPLE CHEESE SALAD

Use 1-3 ounce package lime jello and 1-1 pound 4 ounce can crushed pineapple. Drain pineapple and use $\frac{3}{4}$ cup of the liquid (if there is not $\frac{3}{4}$ cup, add water to make $\frac{3}{4}$ cup). Heat the liquid to dissolve jello, then cool. Add 8 ounce package of Philadelphia cream cheese (mashed) with the pineapple. Whip $\frac{1}{2}$ pint whipping cream (or use 3 cups of Cool Whip). Fold the whole works into jello and mix thoroughly. Refrigerate. Serves 8. This is very pretty in a mold.

Mrs. Bernie (Dorothy) Kuhl
Sierra Vista, AZ

WATERGATE SALAD

1-20 oz. can crushed pineapple, juice and all	1 C. miniature marshmallows
1-3 oz. pkg. instant pistachio pudding	1-8 oz. Cool Whip
	1 C. pecans
	1 C. maraschino cherries (optional)

Mix pineapple and pudding mix together. Add marshmallows, pecans and cherries, drained. Add Cool Whip. Cover and put in refrigerator at least 3 hours or overnight before serving.

Mrs. Frank Bartsch
Paris, AR

A RECIPE FOR HAPPINESS

Take two heaping cups of Patience,
One heartful of Love,
Two handfuls of Generosity,
A dash of Laughter,
One headful of Understanding,
Sprinkle generously with Kindness,
Add plenty of Faith and mix well,
Spread over a period of a lifetime,
And serve to everyone you meet.

Joan Crowley
Conneautville, PA

“JELLO AMERICAN-STYLE”

- | | |
|----------------------|---------------------------|
| 1 pkg. Knox gelatin | 1 large pkg. cream cheese |
| 2 C. hot water | (softened) |
| 2 C. cold pear juice | Lettuce, rinsed cherries, |
| 1 lb. can pears | whipped cream (optional) |
| 1 large lime jello | |

Prepare jello as usual, replacing cold water with cold pear juice. Use 1 envelope of Knox gelatin (to help with the setting). Add the gelatin when the hot water is added to the lime jello. Mash the pears in a blender, then add the cream cheese. Blend until its smooth. Pour it into a lightly-oiled jello mold and refrigerate until set.

For an easier, smoother removal from the mold, submerge the cold mold dish for a short while in hot water. Dry the dish, then flip onto a bed of lettuce. (Yikes! Don't let the water rise above the lip of the mold and invade the jello!) Optional - Decorate it with whipped cream and cherries or enjoy it just as it is.

Sheila Scanlan-Kenney
Chicago, IL

FROSTED HAWAIIAN FRUIT SALAD

- | | |
|--------------------------|-------------------------------|
| 1-3 oz. box lemon jello | 1½ C. miniature marshmallows |
| 1-3 oz. box orange jello | 2 or 3 sliced bananas |
| 2 C. boiling water | 1 C. crushed pineapple (drain |
| 1½ C. cold water | and reserve juice) |

Dissolve both boxes of jello in boiling water in a 9x13" pan. Stir in the cold water. Chill. When jello just begins to set, add marshmallows, bananas and drained pineapple. Chill.

FROSTING:

- | | |
|--------------------------|-------------------------------|
| 2 T. flour | 1 C. reserved pineapple juice |
| ½ C. sugar | (add water to reserved juice |
| 2 T. butter or margarine | if necessary to equal 1 C.) |
| 1 egg yolk | 1 pkg. Dream Whip |
| Dash of salt | |

Combine all ingredients in saucepan. Stir and cook over medium heat until thick. Let cool. Fold into 1 package of Dream Whip (already whipped according to directions). Frost jello. Chill.

Shirley (Weisbrodt) Gerwe
Aurora, IN

RASPBERRY RUBY CHEESE RING

1 pkg. frozen raspberries	2 envs. Knox gelatin
1-7 oz. can crushed pineapple	¼ C. cold water
Water	2-3 oz. pkgs. cream cheese
1 pkg. raspberry gelatin	1 C. Cool Whip or whipped cream
	½ C. powdered sugar

Thaw berries, drain and reserve juice. Drain pineapple. Add enough water to make 1 ¾ cups. Boil and add gelatin. Stir until dissolved. Cool, add berries. Pour into 6-cup ring mold. Refrigerate until firm. Soften Knox gelatin in cold water. Dissolve over hot water. Cool. Blend into pineapple. Add cream to cheese. Beat until smooth, add sugar. Fold pineapple into cream mixture. Spoon over gelatin in mold. Refrigerate till set. Unmold on lettuce. Serves 10 to 12.

Ruth McFarland
Watertown, WI

MARY'S GRAPEFRUIT, CHEESE AND NUT SALAD

1 C. sugar	3½ C. grapefruit (broken)
1 C. boiling water	3 pkgs. cream cheese (total 12 oz.)
3 T. gelatin, soaked in ½ C. water	1 C. chopped nuts

Dissolve 1 cup sugar in 1 cup boiling water. Add gelatin, then grapefruit. Cool. (Other fruit may be used, but grapefruit is best.) Cream 3 packages (or 12 ounces) cream cheese with a little cream. Add 1 cup of chopped nutmeats. Pour out ½ gelatin mixture into low, flat pan about 8x12". Let harden, then spread cheese mixture over it and add the rest of the grapefruit mixture. Serves 12.

Nora C. O'Malley
McHenry, IL

ORANGE CONGEALED SALAD

- | | |
|--|---|
| 1 medium-size whipped
topping | 1 small can mandarin oranges
(drained and chopped) |
| 1-8 oz. pkg. cream cheese | 1 small orange gelatin |
| 1 small can crushed
pineapple (drained) | 1 C. nuts (chopped) |

Mix all the ingredients except the gelatin. Then sprinkle gelatin over mixture and mix thoroughly. Chill.

Argentina Havard
Vicksburg, Mississippi

AUNT MARY'S STRAWBERRY FRUIT SALAD

- | | |
|--|---|
| 2 pkgs. strawberry gelatin | 1-1 lb. can or 13½ oz. can
crushed pineapple (drained) |
| 1½ C. boiling water | 2 bananas (mashed) |
| 2-10 oz. pkgs. frozen
strawberries (thawed) | 1 C. sour cream |

Dissolve gelatin in water. Add strawberries and pineapple. Chill until partially thick. Fold in bananas. Turn ½ of mixture into mold or pan, 9x12x2". Chill until firm. Spread cream on top. Spoon remaining gelatin over all. Chill several hours until firm. Serves 12 to 16.

Nora C. O'Malley
McHenry, IL

MY FAVORITE JELLO SALAD

- | | |
|----------------------------|--------------------------------------|
| 2-3 oz. pkgs. orange jello | 1 can mandarin oranges
(drained) |
| 1 C. boiling water | 1 C. whipped topping or Cool
Whip |
| 1 pt. vanilla ice cream | |

Dissolve jello in water. Add ice cream and mix well. Chill until partially set; add oranges and whipped cream or Cool Whip. Chill until set. Yields 12 servings.

Catherine Bellmore
Breckenridge, MN

PINEAPPLE STRAWBERRY JELLO SALAD

1-6 oz. strawberry jello
1-8 oz. can crushed
pineapple

1-10 oz. box frozen, sliced
strawberries
1¼ C. hot water
1-8 oz. sour cream

Mix 1¼ cups of hot water to the jello. Add crushed pineapple and thawed strawberries. Pour half of this jello mixture into a bowl and refrigerate. After jello has hardened, stir sour cream and spread over hardened jello. Then take the other half of the jello mixture and spoon over the top of the sour cream. Put back into refrigerator and let harden. Coconut may be sprinkled on top to garnish as well as cherries.

Minnie B. Richardson
Vicksburg, MS

CHERRY SALAD (TOO EASY TO BELIEVE)

1 can cherry pie filling
1 can sweetened
condensed milk

1-8 oz. container whip cream
1 can drained, crushed
pineapple

Mix. Make night before and stir before serving.

Rosie Courtney
New Hampton, IA

OREO ORANGE SALAD

2 pkgs. instant vanilla
pudding
2 C. buttermilk

2 large cans mandarin oranges
16 oz. container Cool Whip

Mix together. Just before serving, add ¾ package (1 pound) of crushed Oreos.

Joyce Shatek
New Hampton, IA

7-UP SALAD

Dissolve 2-3 ounce packages lemon jello with 1½ cups boiling water. Add 2 cups 7-Up. When starting to jell, add 20 ounce can of drained, crushed pineapple, 1 cup small marshmallows and 2 firm bananas, sliced. Let set in 9x13" pan.

TOPPING (Cook until thick.):

½ C. sugar

2 T. flour

1 C. pineapple juice

1 egg, beaten

2 T. butter (add as it cools)

Chill. Fold in 2 cups whipped cream. Sprinkle with grated cheese. Great with ham dinner.

Duffy Collins
New Hampton, IA

FROZEN FRUIT CUP

1-12 oz. pkg. frozen

strawberries (partially
thawed)

3 bananas, sliced crosswise

1 tall can crushed

pineapple (undrained)

1-6 oz. can undiluted frozen
orange juice

1-6 oz. can undiluted frozen
lemonade

2 C. water

1 C. sugar

Mix above ingredients; freeze in molds or plastic beverage cups. Take out of freezer ½ to 1 hour before serving. Do not allow to thaw completely before serving. Can also add canned, diced peaches, pears, extra bananas.

Jeanie Budweg
New Hampton, IA

CHEESE SALAD

#2 can crushed pineapple
& juice

½ C. sugar

Juice of 1 lemon

Bring to a boil and boil 5 minutes, stirring constantly. Add 1 envelope of Knox gelatin (unflavored), dissolved in ½ cup water to boiled mixture. Set aside to cool. When cool, add 1 cup shredded American cheese, ½ pint whipped cream or 1-8 ounce tub of Cool Whip. Refrigerate. May be frozen. Keeps well a week in refrigerator.

Mrs. Ardis Sullivan
Grand Island, NE

MOLDED AMERICAN CHEESE SALAD

- | | |
|--|--|
| 3 ³ / ₄ C. pineapple juice | 1 ¹ / ₂ C. crushed pineapple |
| 2 ¹ / ₂ T. plain gelatin | ³ / ₄ C. chopped nuts |
| 1 C. whipped cream | 1 small can pimento, chopped |
| 2 C. shredded American cheese | ¹ / ₂ C. mayonnaise |

Dissolve gelatin in ¹/₂ cup cold water and add to half of the heated pineapple juice. Let stand for 10 minutes. Add rest of pineapple juice. When this begins to thicken, add other ingredients and mix well. Pour into molds or pan. Makes 20 to 25 servings.

Sister Marie Agnes Petersman, S.Sp.S.
Techny, IL

DELICIOUS SALAD

To 1 package lemon gelatin, add 2 cups hot water.

BEAT IN:

- | | |
|--|-------------------------|
| 1 can (2 ¹ / ₂ C.) crushed pineapple | Dash of salt and pepper |
| 3 pkgs. cream cheese | Dash of spices |

Add ¹/₄ cup chopped pimento. As mixture begins to thicken, beat in ¹/₂ cup whipped cream. Pour into molds.

S.Sp.S. Sisters
Techny, Convent Kitchen

RIBBON SALAD

- | | |
|---------------------------|---------------------------|
| 1 pkg. red jello, let set | 1-3 oz. pkg. cream cheese |
| 1 pkg. lemon jello | |

Soften cream cheese in lemon jello. Cool and pour over red jello after it sets. Combine 1 package lime jello, 1 cup hot water and 1 small can crushed pineapple (do not drain). Cool and pour over lemon jello after it sets.

S.Sp.S. Sisters
Techny, Convent Kitchen

STRAWBERRY PINEAPPLE MOLD

- | | |
|---------------------------|---|
| 1½ qts. lemon jello | 1 lb. cream cheese balls (size of large peas) |
| 2 qts. boiling water | ½ qt. cut-up red apples |
| 2¾ qts. ice water | 1 qt. broken pecans or walnuts |
| 1 C. lemon juice | 1 qt. sweetened crushed fresh (cooked) pineapple or canned along with juice |
| 3 qts. fresh strawberries | |

Chill jello as usual and when thick, add other ingredients being careful not to mess the cheese balls.

S.Sp.S. Sisters
Techny, Convent Kitchen

CHEESE LEMON MOLD

- | | |
|---|--|
| 1-3 oz. pkg. lemon flavored gelatin | 1-8 oz. pkg. cream cheese, softened |
| 1 C. boiling water | 1 C. flaked coconut |
| 1-6 oz. can frozen orange juice concentrate (undiluted) | 1 C. grated carrots |
| | 1-8 oz. can crushed pineapple, undrained |

Dissolve gelatin in boiling water; stir in orange juice. Beat cream cheese until smooth; gradually add gelatin mixture, beating until smooth. Stir in remaining ingredients. Pour into a lightly-oiled 6-cup mold; chill until set. Yields 10 to 12 servings. Excellent!

Mrs. Thomas Wall
Harper Woods, MI

CREAMY ORANGE GELATIN MOLD

- | | |
|-----------------------------|--|
| 1-3 oz. pkg. orange gelatin | 1½ C. boiling water |
| 1-8 oz. pkg. cream cheese | 1 T. lemon juice |
| ¼ C. orange juice | 1 small can mandarin oranges (drained) |

Mix gelatin in boiling water in blender, then add cream cheese, orange juice and lemon juice until thoroughly blended. Pour into gelatin mold (preferably a ring mold). Add mandarin oranges and chill for at least 3 or 4 hours.

Helen M. Conroy
Adelphi, MD

CREAMY FRUIT FROST

3 oz. cream cheese, softened	1-21 oz. can cherry pie filling
1-12 oz. container whipped topping	1-11 oz. can mandarin oranges, drained
	1-8 oz. can pineapple chunks, drained

Stir softened cream cheese into whipped topping. Gradually add cherry fruit filling. Add oranges and pineapple. Pour into 8-cup mold and freeze overnight. Unmold and serve as salad or dessert.

Darlene Spreda
Stevens Point, WI

JELLIED CRANBERRY-NUT SALAD

1½ lbs. raspberry flavored jello	2 lbs. 6 oz. whole canned cranberry sauce
2 tsp. salt	1 lb. celery, finely chopped
1½ qts. boiling water	4 oz. pecan or walnut pieces, chopped
1 qt. cold water	
8 oz. lemon juice	

Dissolve gelatin and salt in boiling water. Add cold water and lemon juice, chill. When gelatin mixture begins to thicken, add celery, cranberry sauce and nuts. Pour into molds or pan. Chill until firm.

S.Sp.S. Sisters
Techny, Convent Kitchen

CRANBERRY SALAD

4 C. cranberries	4 C. water
1 orange	1 C. chopped nuts
1 C. sugar	1 C. miniature marshmallows
2-3 oz. pkgs. lime or lemon jello	1 C. pineapple tidbits
	1 C. chopped apples

Grind cranberries and orange. Mix in sugar and let stand 3 to 4 hours. Dissolve gelatin in water. When half set, add to first mixture. Add remaining ingredients and pour into a large mold. Chill until set.

Florence Canar
Mondovi, WI

CRANBERRY RELISH SALAD

2-3 oz. boxes jello (any red flavor)	1-16 oz. can whole cranberry sauce
¼ tsp. salt	1 can drained mandarin oranges
2 C. boiling water	½ C. chopped apple (unpeeled)
¼ tsp. cinnamon	½ C. chopped celery
Dash of cloves	

Dissolve jello and salt in boiling water. Add cinnamon, cloves and cranberry sauce. Chill until thickened. Fold in oranges, apple and celery. (Can use diced orange sections in place of mandarin oranges and any combination to equal 2 cups.)

Helen Roths
New Hampton, IA

LIME PINEAPPLE SALAD

2-3 oz. pkgs. lime flavored Jell-O brand gelatin	8½ oz. can sliced pineapple, drained
2 C. boiling water	1 small banana, sliced
1¼ C. cold water	¼ C. mayonnaise
1 T. vinegar	¼ C. chopped celery

1. Dissolve 2-3 ounce packages Jell-O brand gelatin in 2 cups boiling water. Add 1¼ cups cold water and 1 tablespoon vinegar. Chill until thickened (about 1½ hours).

2. Pour ½ cup of the thickened gelatin into a 9x5" loaf pan. Arrange 3 pineapple rings on top. Now, measure 1 cup of thickened gelatin, fold in banana sliced and spoon into pan. Chill until set, but not firm (about 15 minutes).

3. Meanwhile, blend mayonnaise into remaining thickened gelatin until mixture is smooth (a fork makes it easier). Stir in celery; spoon into pan. Chill until firm (about 4 hours).

4. Unmold according to package directions and serve.

Leona Paltzer
Appleton, WI

APPLESAUCE SALAD

1 can or 2 C. applesauce
1-3 oz. pkg. cherry jello
¼ C. orange juice

¾ C. 7-Up
Chopped celery and nuts are
optional

Heat applesauce. Dissolve jello in the applesauce and let cool slightly. Add orange juice and 7-Up. Pour into jello mold and refrigerate. Takes the place of cranberry salad when serving turkey, chicken or duck.

Sharon Steege
Fredericksburg, IA

GIZZARD SALAD

2 C. cooked chicken
gizzards
1 small onion (cut)
1½ tsp. brown mustard
¾ tsp. salt
¾ tsp. Accent
1 tsp. garlic salt

1 tsp. parsley, chopped or
flaked
1 tsp. chopped celery
4 hard-boiled eggs, peeled
2 C. stock from gizzards
1 T. chicken base
2 envs. Knox gelatine
1½ C. salad dressing

Dissolve gelatine in 1 cup water. Put all other ingredients in blender and chop fine. Put into a bowl and mix with 1½ cups of salad dressing. Mix very well. Pour into any-size mold. Set overnight. This is a very good salad for Christmas. Caution: Don't overload mixer. A good idea is to blend ½ of stock and gizzards with all other ingredients. Then finish with remaining stock and gizzards.

Regina V. Spreda
Stevens Point, WI

The best way to correct a fault is to admit it.

HOT CHICKEN SALAD

- | | |
|---------------------------------------|----------------------------|
| 3 C. diced chicken breasts,
cooked | 2 C. grated Cheddar cheese |
| 1½ C. diced celery | 1 small onion, chopped |
| 1 can water chestnuts,
sliced | ½ tsp. salt |
| 1½ C. slivered, blanched
almonds | 1½ tsp. lemon juice |
| 2 cans French fried onion
rings | 2 hard-cooked eggs, diced |
| | 1 C. mayonnaise |

Mix all together (using only 1 can of onions and 1 cup of cheese). Top with rest of grated cheese. After it has baked for 20 minutes at 375°, top with can of onions and just let them brown. Serves 6.

Mae Cromartie
North Chicago, IL

A LA CHOY SALAD

- | | |
|-----------------------|-------------------------------|
| 2 cans tuna, drained | 1 or 2 cans chow mein noodles |
| 1 C. shredded carrots | ¾ C. mayonnaise |
| 1 C. chopped celery | |

Combine all ingredients except the noodles. Refrigerate. Add noodles just before serving. Serves 8 to 10.

Sister Charlene Schafer, S.Sp.S.
Techy, IL

SLIM HAM SLAW

- | | |
|---------------------------|--------------------|
| 4 C. shredded cabbage | 1 tsp. salt |
| 2 C. cubed, cooked ham | 1 tsp. dry mustard |
| 1 C. chopped apple | ½ tsp. celery seed |
| ¼ C. chopped green pepper | 1 C. skim milk |
| ¼ C. radish slices | 2 beaten egg yolks |
| 2 T. flour | 3 T. vinegar |
| 2 T. sugar | 2 T. lemon juice |

Combine cabbage, ham, apple, green pepper and radishes. In small saucepan, combine flour, sugar, salt, dry mustard and celery seed. Blend in milk. Cook and stir over medium heat until thick and bubbly. Stir a moderate amount of hot mixture into egg yolks. Return all to saucepan. Cook and stir over low heat for 1 minute more. Stir in vinegar and lemon juice. Cool. Toss with cabbage mixture. Makes 6 servings, 1-cup serving is 166 calories.

Martha Nystel
New Hampton, IA

24-HOUR SALAD

- | | |
|--|------------------------------|
| 1 head lettuce, broken into bite-size pieces | 1/8 C. sugar |
| 1 onion, sliced into rings | 1 C. mayonnaise (Hellmann's) |
| 12 slices bacon, fried crisp and crumbled | 1/3 C. Parmesan cheese |
| 1/2 large head cauliflower, broken into pieces | Salt and pepper |
| | Croutons |

Night before serving - layer lettuce, onion, bacon and cauliflower in large bowl with tight-fitting lid. Sprinkle sugar over top layer. Spread rings over top. Sprinkle cheese, salt and pepper over all. Cover. Refrigerate overnight. Before serving, mix well. Add croutons.

Mae Cromartie
North Chicago, IL

FRESH SPINACH SALAD

- | | |
|--|----------------------------|
| 1-10 oz. pkg. spinach | 3 hard-boiled eggs, sliced |
| 8 slices bacon, fried crisp and crumbled | |

DRESSING:

- | | |
|----------------|-----------------------------|
| 1 C. salad oil | 1 tsp. Worcestershire sauce |
| 1/2 C. sugar | 1 medium onion, diced |
| 1/3 C. catsup | 1/8 tsp. salt |
| 1/2 C. vinegar | |

Mix ingredients for dressing, but do not put on spinach until ready to serve. Garnish with sliced eggs and bacon pieces.

Sister Jude Henken, P.H.J.C.
Chicago, IL

ITALIAN BROCCOLI SALAD

- | | |
|-----------------------------------|--------------------------------------|
| 1 large head lettuce
(chopped) | ¼ C. Parmesan cheese |
| 1 chopped onion | 1 T. sweet basil |
| 1 bunch chopped broccoli | ½ lb. chopped, browned
bacon bits |
| 6 large chopped
mushrooms | 1 C. shredded mozzarella
cheese |
| ¼ C. sugar | 1¼ C. seasoned croutons |
| 1 C. mayonnaise | |

Mix all above ingredients. Makes a large salad bowl full.

Dyann Nees
Sturtevant, WI

SOUTHERN BROCCOLI SALAD

- | | |
|--------------------|------------------------------|
| 2 bunches broccoli | 4 green onions |
| 1 tsp. salt | 7 oz. stuffed olives, sliced |

Cut off flowerets and steam 5 minutes. Peel and slice stems and boil in salted water 10 minutes. Drain and chill. Add onion and olives. Serve with dressing.

DRESSING:

- | | |
|--------------------------------------|--|
| 1 C. mayonnaise | 3 hard-boiled eggs, chopped |
| ½ C. Parmesan cheese | 8 slices bacon, cooked and
crumbled |
| ½ C. Kraft zesty Italian
dressing | |

Minnie B. Richardson
Vicksburg, MS

BROCCOLI SALAD

- | | |
|-------------------------------|----------------------|
| 1 large bunch fresh broccoli | 1 C. sunflower seeds |
| 1 C. raisins (brown or white) | 4 T. sugar |
| ¼ C. diced red onion | 1 T. vinegar |
| 10 strips bacon, fried crisp | ½ C. mayonnaise |

Mix sugar, vinegar and mayonnaise. Crumble bacon strips and add to mixture with broccoli, raisins and onion. Toss well. Sprinkle sunflower seeds over salad.

Vince and Sue Morrissey
New Hampton, IA

CAULIFLOWER AND BROCCOLI SALAD

1 head cauliflower
1 bunch broccoli

1 bunch green onions

Chop onions. Break cauliflower and broccoli into flowerets.

MIX:

1 C. sour cream
1 C. mayonnaise

1 pkg. Hidden Valley ranch
dressing

Mix with the above ingredients and chill. Cherry tomatoes make an ideal garnish.

Sr. M. Jude Henken, P.H.J.C.
Chicago, IL

MARINATED VEGGIES

Sliced fresh mushrooms
Carrots
Celery
Cauliflower
Broccoli

Cherry tomatoes
Onions
Cucumber slices
Green pepper

Add to these ingredients 1 can ripe olives. After all ingredients are added, pour an 8 ounce bottle of Italian dressing over all veggies. Salad sets for 24 hours. Every 3 hours or so, stir the salad. Right before serving, add on top of the salad 1 cup crumbled bacon and 1 cup cubed Swiss cheese.

Sr. Fran Raia, CPPS
St. Louis, MO

RAW VEGETABLE SALAD

1 C. mayonnaise
4 tsp. caraway seed
1 head cauliflower
1 pkg. green onions

1 C. sour cream
1 pkg. Good Seasons cheese-
garlic mix
1 pkg. radishes
1 can water chestnuts

Mix the Good Seasons mix, mayonnaise, sour cream and caraway seeds. Cut up the vegetables. Combine the dressing with the vegetables and refrigerate.

Lucille Kunkel
Mapleton, MN

SECRET TOMATO SALAD

- | | |
|---------------------------------|--|
| 6 ripe medium tomatoes | 1 clove garlic, finely chopped |
| 1 medium sweet onion,
sliced | 2 T. each chopped fresh
tarragon, basil and parsley |
| 2½ T. salad oil | 1 tsp. salt |
| 1 T. lemon juice | ¼ tsp. pepper |

Place tomatoes in a pan of boiling water for 2 minutes. Drain. Rinse with cold water. Peel skins off and slice thinly. Place in a bowl with onions. In a small bowl, mix remaining ingredients. Let stand at room temperature for 15 minutes.

Joan Crowley
Conneautville, PA

BEAN SPROUT SALAD

- | | |
|--|----------------------------|
| 2 cans bean sprouts,
blanched, then rinse with
hot water | 1 T. oil |
| ¼ lb. ham, slivered | ½ tsp. salt |
| 2 celery sticks, sliced thin
diagonally | 1 T. vinegar |
| | 1 heaping tsp. hot mustard |
| | 2 T. soy sauce |

Mix the above together. Refrigerate for 20 minutes before serving. Makes 8 servings.

Sr. Arnolda Chang, S.Sp.S.
Norway, MI

SEVEN LAYER SALAD

- | | |
|----------------------------|-------------------------------------|
| 1 head lettuce, chopped | 1-10 oz. pkg. frozen green peas |
| 1 C. fresh onion, chopped | 2 C. mayonnaise |
| 1 C. celery, chopped | 1 C. grated Cheddar cheese |
| 1 C. green pepper, chopped | 1 C. crisp bacon (or bacon
bits) |

Cook peas according to directions on package. Drain and cool. Place lettuce in bottom of shallow 3-quart dish. Place layer of peas on top, layer rest of ingredients in order given. Cover well with plastic wrap. Better if made a day in advance. (This is my family's favorite for Thanksgiving, Easter and Christmas.)

Mary Minden
Charleston, AR

COLESLAW

3½ C. cabbage	½ tsp. celery seed
½ C. mayonnaise	½ tsp. mustard seed
3 T. sugar	Chopped onion
3 T. vinegar	

Mix with salad dressing. Wait for 4 hours at least before serving. Tastes better if allowed to set 24 hours.

Mavis Landsverk
Wadsworth, IL

MASHED POTATO SALAD

2½ lbs. potatoes, peeled, boiled, drained and mashed (6 C.)	1 tsp. salt & pepper to taste
4 large eggs, hard boiled	1½ C. mayonnaise
¾ C. chopped celery	¼ C. sugar
¼ C. thinly sliced green onions	¼ C. cider vinegar

In large bowl, combine first 6 ingredients. In small bowl, combine rest of ingredients until smooth. Stir into potato mixture until blended. Cover and refrigerate up to 3 days.

Joan Crowley
Conneautville, PA

GERMAN POTATO SALAD WITH EGGS

5 lbs. red potatoes (cooked, skinned & sliced)	1 C. vinegar (apple cider)
1 lb. bacon (cut small)	1 C. sugar
2 onions (cut fine)	¼ tsp. pepper
2 C. water (cold)	5 T. flour
	8 hard-boiled eggs (sliced)

Fry bacon until crisp. Set bacon aside. Add to bacon drippings the flour mixed with water. Stir until smooth. Add vinegar, sugar, pepper and onions. Stir and cook 5 minutes. Layer in large bowl the potatoes, eggs, bacon and sauce. Serve warm.

Mary Harper
Middleton, WI

GERMAN POTATO SALAD

6 large red potatoes (boiled with jackets)	½ C. water
½ lb. cubed and fried bacon	½ C. vinegar
1 T. flour	5 T. sugar
	1 C. chopped onion

Add flour to fried bacon and fat. Cook, stirring in water, vinegar and sugar. Peel and slice potatoes and combine with onion. Stir in sauce. Refrigerate overnight. Warm slowly in oven.

Clara Knoch
Naperville, IL

HOT GERMAN POTATO SALAD

6 medium-size potatoes	3 T. sugar
6 slices bacon	½ tsp. salt
½ C. chopped onion	¼ tsp. pepper
½ tsp. celery salt	¼ C. red wine vinegar
1½ T. flour	¾ C. water

Cook unpeeled potatoes until tender. Drain, peel and slice. Cook diced bacon until crisp. Saute chopped onion in bacon until soft. Stir in flour, sugar, salts, pepper, vinegar and water. Cook, stirring constantly until thickened. Pour over potatoes, stir lightly to coat. Serve warm. Can be reheated.

Frances Underberg
Kent, MN

The way to love anything is to realize that it may be lost.

BAKED GERMAN POTATO SALAD

8 strips bacon, cubed	$\frac{2}{3}$ C. sugar
1 C. chopped celery	1 tsp. salt
1 C. chopped onion	$\frac{1}{4}$ tsp. pepper
3 T. flour	8 C. cubed, cooked potatoes
$1\frac{1}{3}$ C. water	(about 8 medium potatoes)
1 C. cider vinegar	

Fry bacon in 10" skillet until crisp. Drain bacon. Pour off fat and measure. Return $\frac{1}{4}$ cup fat to skillet. Add celery and onion; cook 1 minute. Blend in flour. Then stir in water and vinegar; cook, stirring constantly, until mixture is thick and bubbly. Stir in sugar, salt and pepper. Pour mixture over potatoes and bacon in 3-quart casserole. Mix and cover. Bake 30 minutes at 350°. Makes 10 to 12 servings.

Colleen Morgan
Mt. Zion, IL

POTLUCK POTATO SALAD

$\frac{1}{4}$ C. clear Italian dressing	1 onion, chopped
5 medium potatoes, cooked in jackets, peeled, cubed (4 C.)	4 hard-cooked eggs, sliced
1 C. chopped celery	$1\frac{1}{2}$ tsp. salt
	$\frac{1}{2}$ C. salad dressing or mayonnaise

Pour Italian dressing over warm potatoes; chill 2 hours. Add celery, onion, egg and salt. Add salad dressing and mix carefully. Add 1 teaspoon celery seed, if desired. Chill 4 hours. Makes 8 servings.

Sr. Kathleen Kane, S.Sp.S.
Washington, LA

Men who do things that count never stop to count them.

HOT POTATO SALAD

3 lbs. salad potatoes
5 T. onion, diced
5 T. apple cider vinegar
5 T. oil

½ C. beef broth
½ lb. bacon, crisp fried &
crumbled
Salt, sugar, white pepper to
taste

Boil unpeeled potatoes until they only show the slightest resistance when pierced with a fork. Do not overcook or they will fall apart when sliced. Peel and cut hot potatoes as thin as possible. Season with onion, bacon, salt, sugar, pepper, vinegar and broth. Carefully mix everything and let stand covered for 20 minutes. Potatoes should soak thoroughly with liquid, so salad will be nice and moist. After 20 minutes, add oil. Sprinkle with reserved bacon. Serve at room temperature. Guten Appetit!

Mae Cromartie
North Chicago, IL

MOSTOCCILI NOODLE SALAD

Cook 1 pound mostoccili noodles (do not overcook). Rinse off with cool water and coat with small amount of oil.

MARINATE 2 DAYS IN:

1½ C. sugar
1½ C. white vinegar
1 tsp. salt
1 tsp. coarse pepper
1 tsp. Accent
1 T. parsley flakes

1 tsp. garlic powder
2 T. dry mustard
1 medium grated onion
1 large cucumber, grated
2 oz. pimento, chopped fine

Refrigerate 2 days or longer. Serve.

Pat Austin
New Hampton, IA

CABBAGE SALAD WITH RAMEN NOODLES

Mix ahead ½ head large cabbage and 4 green onions.

DRESSING:

½ C. oil
3 T. cider vinegar
2 T. sugar
1 tsp. salt
1 tsp. Accent
½ tsp. pepper

JUST BEFORE SERVING, ADD:

1 pkg. Ramen noodles
(uncooked), broken up
2 T. sesame seeds
2 T. sunflower seeds
or ½ pkg. slivered almonds

Serves 8.

Sister Joan Marie Wendl, F.S.P.A.
LaCrosse, WI

ZESTY PASTA SALAD

1 lb. macaroni or seashells
(cooked)
2 green peppers (chopped)
3 tomatoes (chopped)
1 can black olives, halved
or sliced
¼ lb. salami (cut in small
pieces)
¼ lb. pepperoni (sliced and
quartered)
¼ lb. provolone cheese (cut
in small pieces)

SALAD DRESSING:

1 tsp. oregano
1½ tsp. salt
1 tsp. pepper
⅔ C. oil
½ C. vinegar
Blend.

1. Toss all ingredients together, then pour salad dressing over salad and toss gently.
2. This salad is best if made the day before served and chilled overnight.

Pauline Cenni
Brandy Camp, PA

ANGEL HAIR PASTA SALAD

1 lb. pkg. angel hair pasta	2 large tomatoes, chopped
1-16 oz. bottle Viva Italian dressing	8 oz. sharp Cheddar cheese, cubed small
1-16 oz. bottle creamy cucumber dressing	4 oz. Monterey Jack cheese, cubed
1-16 oz. pkg. frozen chopped broccoli, cooked	4 oz. provolone, brick or other cheese, cubed

Cook pasta and cool. Combine with all the other ingredients and chill. This recipe will serve at least 8 to 10 people. You will need a large bowl or serving dish.

Mary Ann Nowicki
Oak Lawn, IL

CUMIN SEASONING SALT

1 small can ground cumin	$\frac{3}{4}$ C. salt
4 T. celery salt	$\frac{1}{2}$ C. ground black pepper

Mix well and store in sealed container. Very tasty on pork or chicken.

Georgia Boykins
Vicksburg, MS

ITALIAN SWEET-SOUR DRESSING

$\frac{1}{2}$ C. vegetable oil	$\frac{1}{2}$ tsp. coarsely ground pepper
$\frac{1}{3}$ C. red wine vinegar	$\frac{1}{2}$ tsp. dry mustard
2 T. sugar	$\frac{1}{2}$ tsp. Worcestershire sauce
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ tsp. hot bottled pepper sauce
$\frac{1}{2}$ tsp. celery salt	1 clove garlic, minced

Combine all ingredients in a jar with a screw top lid. Shake well, refrigerate. Makes about 1 cup dressing.

Marianne Garvey
Hudson, OH

FRENCH DRESSING

1 C. salad oil	1 tsp. salt
$\frac{2}{3}$ C. white vinegar	$\frac{1}{2}$ tsp. paprika
$\frac{1}{2}$ C. sugar	$\frac{1}{4}$ tsp. Worcestershire sauce
1 can tomato soup	1 tsp. garlic powder
1 tsp. dry mustard	

Mix in quart jar and chill.

Eileen Janicki
Varna, IL

CREAM DRESSING FOR FRUIT

$\frac{1}{2}$ C. butter	1 tsp. dry mustard
2 T. flour	1 tsp. salt
1 C. scalded milk	$\frac{1}{2}$ C. vinegar
3 egg yolks	$\frac{1}{4}$ C. sugar
3 egg whites	

Melt butter in saucepan, add flour gradually and pour on the scalded milk; cook thoroughly, stirring constantly. Beat egg yolks in top of double boiler, add the mustard, dissolved in 1 tablespoon vinegar, salt and vinegar. Pour butter mixture gradually on the egg mixture and cook over hot water until it thickens like soft custard. Remove from fire, add the sugar and fold in the stiffly-beaten egg whites.

Sr. Theresella Underberg, S.Sp.S.
Techny, IL

QUICK FRENCH DRESSING

$\frac{1}{2}$ C. catsup	Juice of 1 lemon
$\frac{1}{2}$ C. Mazola oil	1 tsp. celery salt
$\frac{1}{2}$ C. vinegar	$\frac{1}{2}$ tsp. paprika
$\frac{3}{4}$ C. sugar	Salt & pepper to taste
1 tsp. grated onion	1 tsp. celery seed

Mix thoroughly.

Eleanor Dunn
Mountainhome, AR

SALAD DRESSING

1/2 C. sugar
1/2 tsp. dry mustard

1/2 tsp. celery salt
1/2 C. vegetable oil
1/2 C. vinegar

In bottle or jar, mix all together. Shake until sugar is dissolved. Store in same container in refrigerator. Best if used the next day. Shake before using. Good on vegetable or lettuce and coleslaw.

Isabelle Rieser
Naperville, IL

HOMEMADE SALAD DRESSING FOR POTATO SALAD

2 eggs, well beaten
1/4 C. water
1 1/2 tsp. dry mustard
1/4 tsp. salt

1/2 C. vinegar
1/2 C. sugar
2 tsp. flour
1 tsp. celery seed

Mix well all together. Cook until thick and cool. Use with equal amounts of mayonnaise for potato salad.

Ruth Bernatz
New Hampton, IA

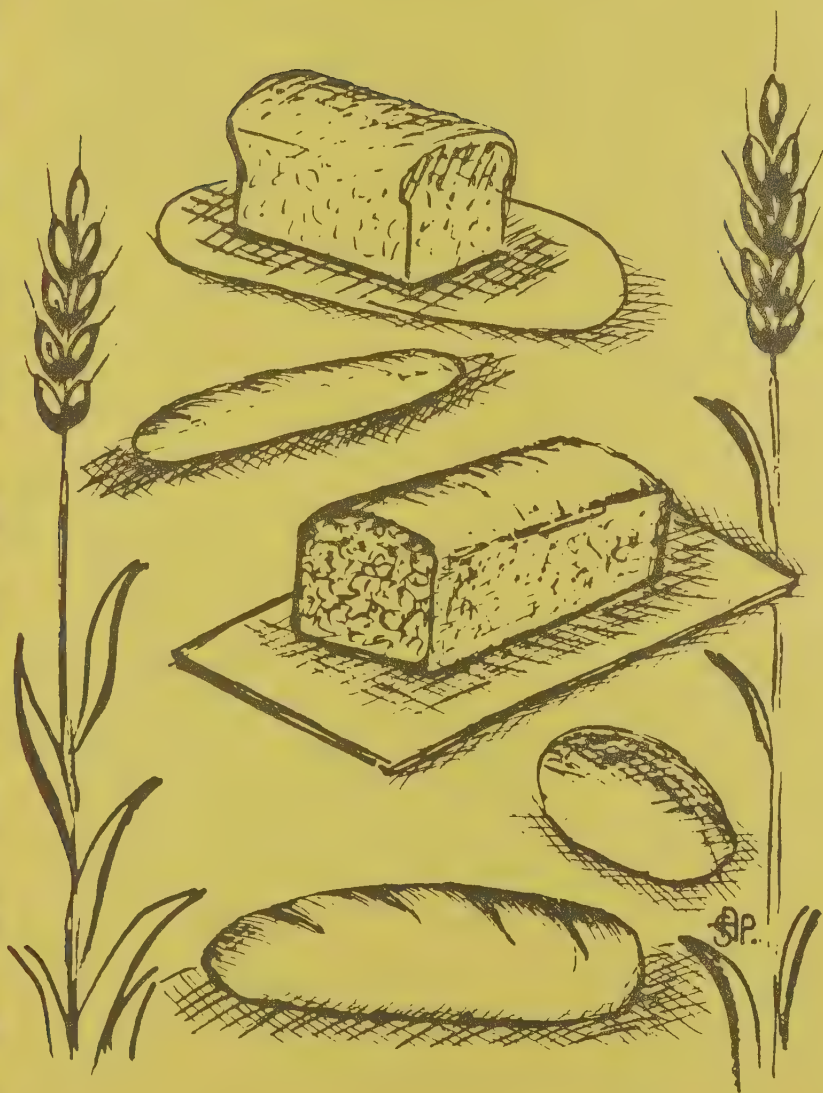
RECIPE FOR A GOOD COOK

1 tsp. wild imagination
1 uncanny sense of timing
2 T. of blind luck
1 lb. of love

Mix gently and allow the cook to sit undisturbed for 20 minutes. (Serves family and friends.)

Tess Nowazyk
Northbrook, IL

BREADS



PINEAPPLE PUFFS

1-8¼ oz. can crushed pineapple	¼ C. sugar
¾ C. milk	3 tsp. baking powder
½ C. butter or margarine	½ tsp. salt
2 eggs, beaten	12 tsp. pineapple preserves
2 C. sifted flour	1 tsp. sesame seeds
	¼ C. powdered sugar

Grease muffin pans and sprinkle with granulated sugar. Drain pineapple, save syrup. Warm milk in saucepan, add butter and melt, remove from heat and add beaten eggs. Resift flour with ¼ cup sugar, baking powder and salt. Make a well in center and add crushed pineapple. Add milk and butter mixture all at once and stir just until all dry ingredients are moist. Spoon half the batter into tins, spoon preserves in each, fill with remaining batter. Bake 25 minutes at 325°. Let cool 5 minutes. Mix powdered sugar with 1½ teaspoons pineapple juice and top muffins.

Ann Viernes
Chicago, IL

ANGEL BISCUITS

5 C. flour	3 T. sugar
¾ C. shortening	1 yeast cake, dissolved in
1 tsp. baking soda	½ C. warm water
1 tsp. salt	2 C. buttermilk
1 T. baking powder	

Sift dry ingredients. Cut in shortening. Add yeast and buttermilk. Mix until moistened. (Cover bowl and keep refrigerated. Will keep several weeks.) When ready to make biscuits, take out as much as needed and roll ½ to ¾" thick. Cut and bake at 400° for 12 minutes.

Joan Crowley
Conneautville, PA

OLLI BOLLEN WITH YEAST
(NEW YEAR'S TRADITION FROM HOLLAND)

1 pkg. or 1 T. yeast	2 eggs, beaten
½ C. warm water	1½ tsp. salt
2 tsp. sugar	8 to 9 C. flour
2 C. scalded milk	1½ C. glazed fruit, raisins or
½ C. brown sugar	currants (optional)
	½ C. mincemeat

Combine water and 2 teaspoons sugar and sprinkle with yeast. Let rise 10 minutes. Combine milk, salt and eggs. Add yeast mixture. Stir in flour and fruit and blend well. Let rise 1 hour and beat down with a wooden spoon. Let rise another hour and beat down. Drop by spoonfuls into hot oil (380° to 400° F.). Fry till golden (they will roll over themselves). Drain on paper towels. To serve, heat in oven. Drop into paper bag and shake with icing sugar. Best served warm.

Dina Heller
Warren, MB, Canada

POTATO LEFSE
(SCANDINAVIAN TORTILLA)

5 C. mashed potatoes (not	2 T. butter or cream
instant)	3 C. flour
1 T. salt	

Add salt and butter or cream to potatoes when hot. When cold, add flour and roll thin. Bake on dry, hot griddle until light brown on both sides. Use moderate heat.

Traditionally, eaten spread with butter and sugar or just butter and rolled up like a thin jellyroll and eaten in the place of bread or rolls with dinner.

Martha Jo Church
Waukegan, IL

DANISH PUFFS

1 C. sifted flour	1 C. water
½ C. butter or margarine	1 tsp. almond flavoring (I use vanilla.)
2 T. water	1 C. sifted flour
½ C. butter or margarine	3 eggs

Heat oven to 350°. Measure first cup of flour into a bowl. Cut in butter. Sprinkle with 2 tablespoons water and mix with a fork. Round into a ball and divide in half. Pat dough with hands into 2 long strips, 12x3". Strips should be 3" apart on an ungreased baking sheet. Mix second amount of butter and water. Bring to a rolling boil. Add almond flavoring and remove from heat. Stir in flour immediately. When smooth and thick, add 1 egg at a time, beating until smooth. Divide in half and spread ½ evenly over each piece of pastry. Bake about 60 minutes until topping is crisp and nicely browned. Frost with powdered sugar icing and sprinkle with chopped nuts.

Mayno Tobin
Waukegan, IL

THE POWER OF WORDS

A careless word may kindle strife;
A cruel word may wreck a life.
A bitter word may hate instill;
A brutal word may smite and kill.
A gracious word may smooth the way;
A joyous word may light the day.
A timely word may lessen stress;
A loving word may heal and bless.

PARATHA (INDIAN BREAD)

$\frac{3}{4}$ C. whole wheat flour
 $\frac{3}{4}$ C. all-purpose flour
1 T. vegetable oil

$\frac{1}{2}$ C. whole wheat flour to
use on the side for dusting
 $\frac{1}{2}$ tsp. salt

Dissolve the salt in $\frac{1}{2}$ cup warm water. Place both kinds of flour in a flat-bottomed bowl (avoid aluminum) and mix the flour. Now pour the oil and mix again. Add $\frac{1}{2}$ cup salt water and mix until all the flour adheres. Knead the dough well for 10 to 15 minutes and form into a big ball. You may need more water. After kneading, cover the big ball with a damp cloth and set aside for 4 to 5 hours or longer. Heat the hot plate or cast-iron skillet on a medium flame. Knead the dough again for a minute and divide them into 8 to 10 balls. Cover them with damp cloth and take one at a time to flatten slightly. Dip it in the extra flour and roll it out evenly on a floured surface until it is 5" in diameter. Brush the surface with butter, fold in half, brush again and fold in half again to get a triangular shape. Roll out this triangle, using enough of dry flour to avoid sticking. When the sides are 4 to 5" long, it is ready to be cooked. Place the paratha on the hot skillet for 30 seconds and turn to the next side. Brush the surface with melted butter and press slightly with the spatula. Turn to the other side and brush with butter. When both sides become golden brown, it is done. A few dark spots are perfectly all right. It should not get too dark or too crisp. Adjust the flame to avoid this. When it is done, place on a large sheet of aluminum foil and cover tightly. Before serving, preheat the oven to 350° and heat covered parathas for 8 to 10 minutes. Serve warm with any vegetable or chicken curry.

Sister Kusum Cherian, S.Sp.S.
Bombay, India

SPANISH SHEPHERDER'S BREAD

3 C. very hot tap water (about 140°)	2½ tsp. salt
½ C. (¼ lb.) butter, margarine or solid shortening	2 pkgs. active dry yeast
½ C. sugar	8½ to 9 C. unbleached all-purpose flour
	Salad oil

In a large bowl, combine the hot water, butter, sugar and salt. Stir until butter is melted; let stand until warm (about 110°). Stir in yeast, cover and let stand in a warm place until bubbly (5 to 15 minutes). Add 5 cups flour and with a wooden spoon or dough hook on mixer, mix at medium speed. Beat until a thick batter forms. With a wooden spoon, stir in about 3½ cups more flour to make a stiff dough. Turn dough out onto a floured board and knead until non-sticky, smooth and satiny (or use dough hook to knead, about 10 minutes), adding flour as needed to prevent sticking. Place dough in a greased bowl; turn over to grease top. Cover and let rise in a warm place (80°) until doubled, about 1½ hours. Punch down dough, knead on a floured board until smooth, then shape into a ball. Cover the bottom of a 10" cast-iron or cast-aluminum Dutch oven (5-quart size) with a circle of foil. Oil inside of kettle, including foil and underside of lid. Place dough in kettle and cover with lid. Let rise in a warm place until dough pushes up lid about ½" (about 1 hour). Bake covered with lid in a 375° oven for 12 minutes. Remove lid and bake 30 to 35 minutes more or until loaf is golden brown and sounds hollow when tapped. Turn loaf out onto rack to cool, peel off foil. Makes 1 large loaf.

Marjorie Taylor
Portland, OR

NORWEGIAN LEFSE (ETHNIC BREAD)

Use 1 tablespoon cream and 1 tablespoon margarine or butter to each cup of mashed potatoes. Put this mixture through a potato ricer. It may be chilled overnight at this point, but not necessary. Mix 2 cups potato mixture with 1 cup flour. Form into log. Cut off slice and roll out for baking. Roll very thin using a cloth covered board and lefse rolling pin. Bake on hot lefse griddle. Lefse will bubble up in little patches when ready to turn. Bake on other side.

Ellie Hill
New Hampton, IA

INDIAN BREAD

2 C. sugar	1 tsp. nutmeg
3 C. hot water	1 tsp. cloves
1 C. chopped pecans	1 tsp. ginger
½ stick butter	1 tsp. cinnamon
1 lb. raisins	1 T. cocoa
1 tsp. salt	1 tsp. vanilla

Boil above ingredients for 15 minutes. Take off stove and add 2 teaspoons soda mixed with 4 tablespoons hot water. Stir in 3 cups sifted flour. Grease and flour 9x5" loaf pan. Bake at 325° for 1 hour and 15 minutes.

Marilyn Burke
Thornton, IL

BERLINER BROT (BERLIN BREAD - FOR CHRISTMAS)

1 C. butter	2 tsp. baking powder
1 C. sugar	2 tsp. ground cinnamon
1 C. flour	3 T. unsweetened cocoa
6 eggs	1 C. powdered sugar (for topping)
1 C. chopped almonds	
½ C. candied lemon peel	

Mix 6 egg yolks with sugar very well until creamy. Mix flour, baking powder, cinnamon and cocoa and stir into sugar-egg yolk mixture. Beat 6 egg whites until stiff; fold into mixture and add almonds and candied lemon peel. Transfer onto greased baking dish, about 1" thick. Preheat oven to 325° to 350° and bake for about 25 minutes. When cake is cool, mix powdered sugar with a little milk and almond extract; spread on cake and cut into 2" squares. It keeps very well in a closed container.

Ursula Elskamp
Woodlands, Manitoba, Canada

STOLLEN BREAKFAST BREAD

8 C. flour	2 tsp. vanilla
1½ C. milk	1 C. dark seedless raisins
3 sticks butter or margarine	1 C. blanched almonds
1 C. sugar	1 C. golden seedless raisins
1 tsp. salt	½ C. candied pineapple, chopped
3 pkgs. dry yeast, sprinkle yeast over warm water	½ C. dates, chopped
¾ C. warm water	1 C. candied cherries, chopped
4 eggs, slightly beaten	

Heat milk in a small pan. Put butter, sugar and salt in a large bowl. Pour in the milk and stir until the butter is melted and mixture is lukewarm. Stir vanilla, yeast and eggs into milk mixture. Add 5 cups flour and beat until smooth. Add fruits and enough of the remaining flour to make a stiff dough. Let rise until double in bulk. Turn out dough onto a floured board and knead 12 minutes. Form dough into a crescent shape and put in a preheated 375° oven for 20 to 25 minutes or until golden brown. Makes 2 to 3 breads.

Dolores Adamczyk
Melrose Park, IL

IRISH BROWN BREAD

2 C. white flour	½ C. sugar
2 C. whole wheat flour	½ stick butter
1 tsp. baking soda	2 eggs
1 tsp. baking powder	3 C. buttermilk
1 tsp. salt	

Mix all the dry ingredients together and rub in the butter. Add eggs and buttermilk, enough to make a soft dough. Stir well with a wooden spoon and pour into a greased and lightly-floured bundt or tube-size pan. Bake at 325° for about 35 to 40 minutes or until brown and wooden pick inserted comes out clean. Let bread cool in pan on rack 15 minutes. Turn out on plate and invert again. Serve with butter or margarine.

I used margarine instead of butter and it was indeed edible.

Catherine Hinterlong
Naperville, IL

IRISH SODA BREAD OR MUFFINS

- | | |
|----------------------|-----------------------------|
| 4 C. flour | 1 C. dark raisins |
| 1 tsp. baking soda | 1 C. golden raisins |
| 1 tsp. salt | 1 stick butter or margarine |
| 3 tsp. baking powder | About 2 C. buttermilk, add |
| 1 C. sugar | 1/8 tsp. cream of tartar |
| 1 egg, beaten | |

Mix dry ingredients. Beat egg in bowl, add butter, melted. Add buttermilk to egg in bowl. Add to dry ingredients, mix well. Add more buttermilk to consistency of cake batter. Bake as bread in 9" pan or makes 24 muffins. Preheat oven to 350°. Bake about 30 minutes or till toothpick comes out clean. Serve warm with honey.

Marilyn Burke
Thornton, IL

MOTHER'S IRISH SODA BREAD

- | | |
|----------------------|-----------------------------|
| 3 C. flour | 1/8 tsp. caraway seed (more |
| 1/4 C. butter | if desired) |
| 3/4 C. sugar | 1/2 C. golden raisins |
| 1 tsp. baking soda | 1/2 C. seedless raisins |
| 1 tsp. baking powder | 2 eggs |
| | 1/2 C. sour cream |
| | 1/2 C. buttermilk |

Cream butter and sugar; add eggs. Mix well. Add flour (sifted with baking powder and soda) alternating with sour cream and buttermilk. Bake 1 hour at 350°. Traditionally, a cross is cut into the dough about 1" deep with a sharp knife. May be baked in a heavy iron frying pan, if available. Double recipe makes 3 small loaves or 1 large round.

Nora C. O'Malley
McHenry, IL

IRISH SODA BREAD

3 C. flour	½ tsp. salt
1 tsp. baking soda	¼ C. sugar
1 tsp. baking powder	

Sift together dry ingredients. Cut in ¼ to ½ cup oleo as for pie crust. Mix in 1½ cups buttermilk gently. Pour into greased loaf pan. Bake 40 minutes in 350° oven.

Mrs. Loretta Drew
Waukegan, IL

HERB BREAD

1 loaf French or Vienna style bread	¼ tsp. oregano
1 stick butter or margarine (softened)	¼ tsp. dill weed
	½ tsp. garlic powder
	Grated Parmesan cheese

Blend butter, oregano, dill weed and garlic powder. Slice bread lengthwise and spread mixture between halves and on top. Wrap in aluminum foil, leaving top exposed. Sprinkle Parmesan cheese on top. Heat in oven for 15 to 20 minutes at 350°.

Vince and Sue Morrissey
New Hampton, IA

EASY CARAMEL ORANGE RING

1 T. butter, softened	½ tsp. cinnamon
½ C. orange marmalade	2-10 oz. cans refrigerated buttermilk flaky biscuits
2 T. chopped nuts	½ C. butter, melted
1 C. firmly packed brown sugar	

Grease with 1 tablespoon butter a 12-cup bundt pan or 3-quart ring mold. Place orange marmalade in pan, sprinkle with nuts. In small bowl, combine brown sugar and cinnamon. Mix and set aside. Separate biscuits and dip in melted butter, then sugar mixture. Stand biscuits on edge in pan, spacing evenly. Sprinkle with remaining sugar and butter. Bake at 350° for 30 to 40 minutes or until brown. Cool upright in pan for 5 minutes, then invert onto serving plate. Looks festive and there will be no leftovers! Makes 6 to 8 servings.

Theo Alexander
Darien, CT

BEST CINNAMON ROLLS

2½ C. lukewarm water	Soft margarine, sugar and cinnamon
2 pkgs. yeast (quick-rise is best)	3 eggs
1 box yellow cake mix	⅓ C. oil
1 C. all-purpose flour	1 tsp. salt
	5¼ C. flour

Dissolve yeast in water about 3 minutes. Add cake mix, 1 cup flour, egg, oil and salt. Beat with beaters until bubbles appear. Slowly add 5¼ cups flour. Stir with spoon making a soft dough. Knead on board for about 5 minutes. Let rise until double. Roll out to about ¼" thick. Spread with margarine and add sugar and cinnamon. Roll up as jellyroll and stretch-cut. Place each cinnamon roll on greased pan. Allow to rise until double. Bake in 350° oven for 20 to 30 minutes. Ice with powdered sugar icing.

Linda Tiemesser
New Hampton, IA

DATE AND NUT BREAD

1 C. chopped dates (buy pitted dates)	2 tsp. soda
	2 C. boiled water

Sprinkle soda over chopped dates and add boiled water, let cool

1½ C. sugar	2 large T. margarine
2 eggs	

Blend sugar and margarine well. Whip in eggs. Mix 4 cups flour and 1 teaspoon salt alternately with dates. May blend in 1 cup chopped nuts. Bake in coffee cans or beer cans at 350° for 1 hour

Terry O'Hanion
Coral Gables, FL

NUT BREAD

2 eggs	1 tsp. salt
1½ C. sugar	1 tsp. baking powder
2 C. sour milk	1 C. chopped walnuts
1 tsp. baking soda	3 C. flour

Cream eggs and sugar. Sift dry ingredients together. Alternate dry ingredients with sour milk. Fold in chopped nuts. Dough is stiffer than cake dough. Grease and flour 2 bread pans. Bake at 350° for 1 hour.

Lorraine Nees
Sturtevant, WI

POPOVERS (HIGH HAT MUFFINS)

1 C. sifted all-purpose flour	1 C. milk
½ tsp. salt	2 eggs

Beat together just until smooth. Pour into well-greased deep muffin cups ¾ full (oven glass cups make highest popovers). Bake at 425° (hot oven) until golden brown, 35 to 45 minutes. Serve immediately. Amount: 5 to 9 popovers, depending on size of cup. It is not necessary to preheat baking cups.

Gwen Wones
Waukegan, IL

SCHWARZBROT (PUMPERNICKEL BREAD)

2 C. wheat flour	1 C. molasses
1½ C. rye flour	1 tsp. sugar
1½ C. crushed wheat	1 tsp. salt
8 to 9 C. bran flakes	

Mix all ingredients well and work through with some skim milk into a smooth dough. Place it into a greased bread pan, closing it well with aluminum foil. Bake at 175° to 250° for 10 to 12 hours.

Kristel Hueging
Warren, Manitoba, Canada

RYE BREAD

1 C. lukewarm water
2 pkgs. dry yeast
4 T. sugar
1 C. water
½ C. brown sugar
3 tsp. caraway seed
4 tsp. salt
4 T. vegetable oil

2 C. cold water
6 C. white flour
4 C. rye flour
MIX:
1 C. lukewarm water
2 pkgs. dry yeast
4 T. sugar
Let stand for 15 minutes.

Simmer together for 5 minutes the 1 cup water, ½ cup brown sugar, 3 teaspoons caraway seed, 4 teaspoons salt, 4 tablespoons vegetable oil. Pour into a bowl with 2 cups cold water. Mix in 4 cups white flour; add yeast mixture and 4 cups rye flour. Beat well, then add 2 cups more white flour. Knead well. Put in large, greased bowl and grease top of dough. Let rise until double in bulk. Punch down and let rise again. Divide into 4 loaves. Make 3 slice marks across the top of each loaf and let rise again. Bake at 375° for 40 to 45 minutes. Remove from oven and grease top of each loaf.

Elaine Sweet
Ft. Atkinson, IA

QUICK BUNS

5 C. flour, more if too thin
3 tsp. sugar
6 tsp. melted lard
2 beaten eggs

1 tsp. salt
1 C. milk
1 pkg. dry yeast
1 C. water

Preheat oven to 410°. Dissolve yeast in water. Heat milk, add lard, sugar and salt. Cool to lukewarm. Add eggs and stir in flour. Knead until smooth and let rise. Shape in buns and let rise until doubled. Bake in 410° oven until light brown.

Alice Rethamel
New Hampton, IA

SWEET BUNS

1 C. flour	1 egg
$\frac{1}{3}$ C. sugar	$\frac{1}{3}$ C. milk
$1\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ tsp. salt	

Sift together flour, sugar, baking powder and salt. Add egg, milk and vanilla. Combine well. Bake in cupcake pan filled $\frac{2}{3}$ full at 375° for 20 to 25 minutes.

Julie Wahl
New Hampton, IA

NO KNEAD SWIRLY SWEET ROLLS

$\frac{3}{4}$ C. milk	2 pkgs. dry yeast
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ C. warm water (105° to 115°)
2 tsp. salt	1 egg
$\frac{1}{2}$ C. oleo	4 C. flour

Scald the $\frac{3}{4}$ cup milk. Stir the sugar, salt and oleo into the milk and cool to lukewarm. Place the yeast and warm water in large bowl. Add the cooled milk mixture to yeast and water. Add the egg and half of the flour; beat smooth. Add rest of the flour and mix well. Cover and refrigerate (3 hours to 3 days). When ready to use, place the mixture on a floured surface and roll till about $\frac{1}{4}$ " thick. Spread with softened butter and sprinkle a mixture of sugar and cinnamon. Roll and cut into 18 equal slices. Place on greased cookie sheets. Let rise till doubled. Bake at 350° till golden brown.

GLAZE:

3 T. butter or oleo	Powdered sugar
3 T. milk	$\frac{1}{2}$ tsp. vanilla or maple flavoring

Brown the butter or oleo; add the milk, flavoring and powdered sugar till the consistency to spread easily. Spread on rolls while still warm.

Lucille Kunkel
Mapleton, MN

BUTTER HORNS

1 pkg. yeast	½ C. melted butter (oleo)
½ C. sugar	1 tsp. salt
3 beaten eggs	4½ to 5 C. all-purpose flour
1 C. lukewarm water	

Dissolve the yeast, 1 tablespoon of sugar in the warm water. Add the remaining sugar and beaten eggs. Add the rest of the ingredients and flour last. Knead on floured table until elastic. Place in bowl and let rise in warm place until doubled. Punch down. Divide dough into quarters. Roll out as if for pie dough, cut into wedge shapes and roll them, starting at wide end. Again, let rise till doubled. Bake at 325° until lightly browned (10 to 15 minutes).

Vicky Hirsch
New Hampton, IA

NO KNEAD BREAD

4 tsp. dry yeast	3 T. molasses
⅔ C. lukewarm water	⅔ C. lukewarm water, again
2 tsp. honey	½ tsp. salt
5 C. whole wheat flour	⅓ C. wheat germ
(a half and half mixture	1⅓ C. lukewarm water
of whole wheat and white	½ T. butter
also works well)	1 T. sesame seeds (optional)

Sprinkle yeast over lukewarm water. Add 2 teaspoons of honey. Leave to "work". Place flour in 250° oven for 20 minutes. Combine molasses with ⅔ cup lukewarm water. Combine yeast mixture with molasses mixture. Stir this into warmed flour, then add salt and wheat germ and finally 1⅓ cups lukewarm water. (Dough will be sticky.) Butter loaf pan, 9¼x5¼x2¾". Turn dough into pan. Smooth with spatula. Sprinkle sesame seeds on top. Allow to rise in warm place. Meanwhile, preheat oven to 400°. Bake 30 to 40 minutes until crust is brown. Cool in pan 10 minutes, then remove from pan and cool before slicing. Delicious lightly toasted and buttered.

Mrs. Joan Gross Dorman
Meadville, PA

CROISSANTS ELEGANTE

1-13³/₄ oz. pkg. Pillsbury
hot roll mix
³/₄ C. warm water

1 egg
1 T. sugar
³/₄ C. **cold** butter or margarine

Roll **cold** butter or margarine between 2 sheets of strong waxed or freezer paper to 9x7" rectangle. Chill. Dissolve yeast from roll, mix in warm water. Stir in egg and sugar. Add roll mix. Beat well. Turn out onto lightly-floured surface. Knead till smooth (about 3 to 5 minutes). Let dough rest 20 minutes. Roll dough out to 10x6" rectangle. Place butter rectangle on one end of dough. Fold other end of dough over and seal edges. Roll dough out to a 16x10" rectangle. Fold in thirds. Wrap in waxed paper. Chill 20 minutes. Roll, fold and chill 2 more times. After final chilling, roll dough out 20x15" rectangle. Cut crosswise into 4 triangles. Cut each rectangle diagonally to make 2 triangles. Starting with long side, roll each piece of dough toward point of triangle. Place point down on ungreased baking sheet. Curve ends to form crescent. Let rise in warm place about 30 to 45 minutes (till light). Bake in hot oven, 400°, for 12 to 15 minutes or until golden brown. Makes 32 rolls.

Sister Jude Henken, P.H.J.C.
Chicago, IL

SOFT BUNS

4 C. scalded milk
4 oz. yeast
1¹/₂ C. shortening or lard

1 C. sugar
4 tsp. salt
4 whole eggs
14 C. flour

Beat eggs. Melt shortening in milk. Combine flour, salt and sugar. Add the liquid ingredients and the yeast; beat well. Allow to rise. Shape and when doubled in size, bake at 350° until nicely browned. Use enough flour until dough is no longer sticky. Makes about 8 dozen hamburger buns.

Teresa Tentis
Elgin, MN

REFRIGERATOR ROLLS

¼ C. sugar	1 tsp. sugar in 2 T. warm
1 tsp. and 2 T. butter	water
1 C. boiling water	1 egg, beaten
1 pkg. yeast	4 C. flour

Place sugar, teaspoon of butter and boiling water in bowl. Combine yeast with the teaspoon sugar and warm water. When lukewarm, add beaten egg and yeast mixture; then 2 cups flour, beat well. Add 2 more cups or so. Let raise, punch down and place in refrigerator. Make into rolls 2 hours before baking. Place a dab of butter in each roll. Bake at 350° for 15 minutes.

Mary Jane Staebell
Jesup, IA

VERY LIGHT BUNS

1 C. lukewarm water	2 tsp. sugar
3 pkgs. yeast	

Mix and let stand 10 minutes.

½ C. butter	3 tsp. salt
2 T. vinegar	3½ C. water
½ C. sugar	12 C. flour (5 lbs.), mix as much flour to knead

Knead for 10 minutes. Let rise till double and knead down. Let rise second time and then shape. Roll out cinnamon rolls and let rise. Makes several pans! Enough to feed an army.

Mae Cromartie
North Chicago, IL

HALF-TIME SPOON ROLLS

DISSOLVE:

1 pkg. yeast in $\frac{1}{4}$ C.
lukewarm water

COMBINE:

$\frac{1}{4}$ C. sugar
 $\frac{1}{3}$ C. shortening (Crisco)
1 tsp. salt
 $\frac{3}{4}$ C. scalded milk

Cool to lukewarm by adding $\frac{1}{2}$ cup cold water. Blend in 1 egg and the dissolved yeast. Sift $3\frac{1}{2}$ cups flour. Add to other mixture. Let rise 45 to 60 minutes. Stir dough down and spoon into muffin tins, $\frac{1}{2}$ full, let rise for 45 minutes. Makes 2 dozen rolls. Bake at 400° for 15 minutes.

Mrs. Grace Griesbach
Greenville, WI

BASIC RICH SWEET ROLL DOUGH

$1\frac{1}{2}$ C. milk, scalded
1 C. sugar
2 envs. active dry yeast
About 6 C. flour

4 eggs, lightly beaten
1 tsp. salt
1 C. melted butter or margarine
Cooking oil

1. Pour milk over sugar in a large bowl. Cool to lukewarm.
2. Add yeast to milk mixture; let stand for 5 minutes, then stir to blend.
3. Stir in 3 cups of flour; mix well. Cover; let rise for about 45 minutes or until bubbly.
4. Add eggs, salt and butter or margarine, mix well.
5. Gradually add and work in enough of the remaining flour to make a soft dough. Cover. Let rise for about $1\frac{1}{2}$ hours or until doubled in bulk.
6. Punch down; spread with oil. Store in refrigerator overnight or until ready to use. It will store for a good 7 to 10 days in the refrigerator.

Sister Elizabeth Ann Dudas, S.Sp.S.
Waukegan, IL

HOT CROSS BUNS

1 pkg. active dry yeast	1 C. dairy sour cream
¼ C. hottest tap water	1 egg
2⅓ C. Gold Medal flour*	½ C. raisins
⅓ C. sugar	¼ C. diced citron
1 tsp. salt	1 tsp. cinnamon
¼ tsp. soda	Quick White Icing (below)

In large mixer bowl, dissolve yeast in hot water. Add 1⅓ cups of the flour, the sugar, salt, soda, sour cream and egg. Blend ½ minute on low speed, scraping bowl constantly. Beat 2 minutes on high speed, scraping bowl occasionally. Stir in remaining flour, the raisins, citron and cinnamon thoroughly. Divide batter evenly among 12 greased medium muffin cups. Let rise in warm place 50 minutes. (Dough will rise slightly but will not double.) Heat oven to 350° F. Bake 30 minutes or until golden brown. Immediately remove from pan. Frost crosses on tops of buns with icing. Serve warm. Makes 12 buns.

*If using self-rising flour, omit salt and soda.

QUICK WHITE ICING: Mix 1 cup confectioners' sugar, 1 tablespoon water or milk and ½ teaspoon vanilla until smooth.

Carmel K. O'Kane
Skokie, IL

ROSIE'S BRAN MUFFINS

1¼ C. regular flour	2½ C. 40% bran flakes cereal
3 tsp. baking powder	1¼ C. milk
½ tsp. salt	1 egg
½ C. sugar	⅓ C. shortening or vegetable oil

1. Stir together flour, baking powder, salt and sugar, set aside.
2. Measure flakes and milk into mixing bowl. Stir to combine. Let stand 1 to 2 minutes or until cereal is softened. Add egg and shortening, beat well.
3. Add dry ingredients to cereal mixture, stirring only until combined. Bake at 400° for about 25 minutes. Makes 1 dozen muffins.

Rosie Courtney
New Hampton, IA

MORNING GLORY MUFFINS

4 C. flour	2½ C. sugar
4 tsp. cinnamon	4 tsp. baking soda
1 tsp. salt	4 C. grated carrots
1 C. raisins	6 eggs
2 C. vegetable oil	4 tsp. vanilla
1 C. chopped pecans	1 C. shredded coconut
2 apples, peeled and grated	

Sift together flour, sugar, cinnamon, soda and salt. Stir in fruit and nuts. In a large bowl, beat eggs with oil and vanilla. Stir the mixture in the flour mixture, until batter is just combined. Spoon batter into well-greased $\frac{1}{3}$ cup muffin pans, filling to the top. Bake at 350° for 35 minutes. Let cool in tins for 5 minutes. Turn out on rack. Makes 30 muffins.

Anna Mary Carr
New Hampton, IA

PUMPKIN SWIRL BREAD

1-8 oz. pkg. Philadelphia brand cream cheese, softened	1 tsp. cinnamon
$\frac{1}{4}$ C. sugar	$\frac{1}{2}$ tsp. salt
1 egg, beaten	$\frac{1}{4}$ tsp. ground nutmeg
1¾ C. flour	1 C. canned pumpkin
1½ C. sugar	$\frac{1}{2}$ C. margarine, melted
1 tsp. baking soda	1 egg, beaten
	$\frac{1}{3}$ C. water

Combine cream cheese, sugar and egg, mixing until well blended, set aside. Combine dry ingredients. Add combined pumpkin, margarine, egg and water, mixing just until moistened. Reserve 2 cups pumpkin batter; pour remaining batter into greased and floured 9x5" loaf pan. Pour cream cheese mixture over pumpkin batter; top with reserved pumpkin batter. Cut through batters with knife several times for swirl effect. Bake at 350° for 1 hour and 10 minutes or until wooden pick inserted in center comes out clean. Cool 5 minutes; remove from pan. Makes 1 loaf.

Marilyn Burke
Thornton, IL

BRAN MUFFINS

2 C. Nabisco 100% Bran natural cereal	1 qt. buttermilk
2 C. hot water	5 C. flour
3 C. sugar	5 tsp. baking soda
1 C. plus 2 T. Crisco	1 tsp. salt
4 eggs	4 C. All-Bran (Kellogg's)

In large bowl, pour 2 cups hot water over bran. In another bowl, cream Crisco, sugar and eggs. Add buttermilk and flour mixture with soda and salt. Last, add the soaked 100% bran and then the all bran. Add nuts, raisins for variety. Fill muffin tins or paper cups and bake at 400° for 15 to 20 minutes. Use batter as needed - will keep up to 6 weeks in covered container. These freeze well, too. Serves 50.

Joan Tinti, Norway MI
Janet Berning, Albertville, MN

PUMPKIN BREAD

3 C. granulated sugar	1 tsp. baking powder
1 C. salad oil	1 tsp. nutmeg
4 eggs, beaten	1 tsp. allspice
1-16 oz. can pumpkin	1 tsp. cinnamon
3½ C. flour	½ tsp. ground cloves
2 tsp. baking soda	⅔ C. water
2 tsp. salt	

Cream sugar and oil; add eggs and pumpkin, mix well. Sift together dry ingredients; add to egg mixture alternately with the water. Pour into 2 well-greased and floured 9x5" loaf pans. Bake at 350° for 1½ hours or until it tests done. Let stand 10 minutes before removing from pans.

Makes a dessert when topped with whipped cream or Cool Whip.

Dorothy Burandt, Antioch, IL
Florence Chamberlain, Jefferson, WI

PUMPKIN PECAN BREAD

1 $\frac{2}{3}$ C. flour	2 eggs, beaten
1 C. sugar	1 C. canned pumpkin
1 tsp. baking soda	$\frac{1}{2}$ C. dark raisins
$\frac{1}{2}$ tsp. cinnamon, ground	$\frac{1}{3}$ C. oil
$\frac{1}{4}$ tsp. cloves, ground	$\frac{1}{3}$ C. water
$\frac{1}{2}$ tsp. ginger, ground	$\frac{1}{2}$ C. pecans

Combine flour, sugar, baking soda, cinnamon, cloves and ginger. In a separate bowl, combine eggs, pumpkin, raisins, oil and water. Mix with dry ingredients. Beat for 1 minute. Fold in pecans. Pour mixture into 2 greased and floured loaf pans. Bake in a 350° oven for 1 hour or until done.

Mrs. Ed Pfannenstiel
Hays, KS

BANANA BREAD

$\frac{1}{2}$ C. nuts	1 $\frac{1}{2}$ C. mashed bananas
2 $\frac{1}{4}$ C. sugar	2 $\frac{1}{2}$ C. flour
3 beaten eggs	1 $\frac{1}{2}$ tsp. salt
$\frac{3}{4}$ C. water	$\frac{3}{4}$ tsp. baking powder
$\frac{3}{4}$ C. oil	1 $\frac{1}{2}$ tsp. soda

Combine all ingredients. Mix well with beater. Put in greased bread pans (2) and bake at 350° for 60 to 70 minutes. Cool before removing.

Theresa Berning
Albertville, MN

Good character - like good soup - is usually homemade.

BANANA NUT BREAD

2 C. sifted flour	1 C. mashed ripe bananas
1 tsp. baking soda	(2 to 3 bananas)
1 tsp. salt	1 T. vinegar plus milk to make
$\frac{1}{2}$ C. shortening	$\frac{1}{2}$ C. liquid
1 C. sugar	1 C. chopped nuts
2 eggs	

Sift together flour, soda and salt. Cream shortening, blend in sugar. Add eggs, one at a time and beat until fluffy. Add flour mixture alternately with bananas and liquid, beating well after each addition. Add nuts. Turn into greased $9\frac{1}{2} \times 5\frac{1}{2} \times 2\frac{3}{4}$ " loaf pan. Bake in moderate oven (350° F.) for 60 to 70 minutes or until done. Remove from pan and cool several hours or overnight before slicing. Makes 1 loaf.

Dorothy Lazan
Girard, PA

CARMEL'S BANANA BREAD

2 C. flour, sifted	1 tsp. baking soda
1 C. sugar	$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ lb. butter, softened	3 ripe bananas, mashed
2 eggs, beaten	$\frac{1}{4}$ C. nuts (optional)
$\frac{1}{2}$ tsp. vanilla	

Preheat oven to 350° F. Cream butter and sugar together. Beat eggs; add vanilla and banana, mix well. Add mixture to butter and sugar. Sift flour with soda and salt. Add to above, mix well. Add nuts. Grease and flour loaf pan. Pour mixed ingredients into loaf pan. Bake 1 hour.

Carmel K. O'Kane
Skokie, IL

NUTTY APRICOT SNACK LOAF

1 C. dried apricots	1 C. sugar
2 C. sifted flour	1 egg
2 tsp. baking powder	$\frac{1}{4}$ C. water
1 tsp. salt	$\frac{1}{2}$ C. orange juice
$\frac{1}{4}$ tsp. soda	$\frac{1}{2}$ C. chopped walnuts
$\frac{1}{2}$ C. shortening	

Soak 1 cup dried apricots in warm water for 15 minutes. Drain, cut into pieces. Sift together flour, baking powder, salt and soda. Cream shortening, adding sugar gradually. Blend in egg and beat well. Add water, orange juice and mix well. Blend in sifted dry ingredients. Fold in nuts and apricots. Pour into a well-greased 9x5x3" pan. Push batter into corners, leaving center slightly hollowed. For well-rounded loaf, allow to stand for 20 minutes before baking. Bake at 375° for 60 to 65 minutes. Cool 10 minutes and remove from pan. Cool thoroughly before slicing.

Mayno Tobin
Waukegan, IL

RHUBARB QUICK BREAD

1½ C. brown sugar	1 tsp. vanilla
$\frac{2}{3}$ C. salad oil	2½ C. flour
1 egg, beaten	1½ C. finely diced rhubarb
1 tsp. salt	TOPPING:
1 tsp. soda	Brown sugar or ½ C. sugar mixed with 1 T. margarine

Mix sugar, oil, egg, salt, soda and vanilla. Stir in flour and rhubarb. Pour into 2 greased bread pans. Sprinkle tops either with brown sugar or a mixture of sugar and margarine. Bake in a moderately slow oven (325°) for 60 minutes.

Marie Schafer
Brooklyn Park, MN

CRANBERRY NUT BREAD

2 C. (½ lb.) fresh cranberries	1½ tsp. baking powder
1 medium cooking apple, peeled, cored and cut into chunks (in season, 1 large peach tastes even better)	½ tsp. baking soda
½ C. walnuts	½ tsp. salt
2 C. flour	1 T. soft butter or margarine
1 C. sugar	1 egg
	1 T. grated orange peel (even better is orange zest - peeled & diced very slim skin of orange)
	½ C. orange juice

Put cranberries, apple and walnuts through coarsest blade of food grinder or processor; set aside. Combine flour, sugar, baking powder, baking soda and salt in a deep bowl. Cut in butter or margarine until size of peas. Stir in egg, orange peel and juice; then the cranberry-apple (or peach) mixture. Stir until blended. Spoon into oiled bread pans. Bake over warm to about 325° F. and bake for about an hour. Use toothpick to make sure center is done. CROCK POT BAKING: Spoon into greased 2-quart mold or two 1-pound coffee cans. Cover with foil and tie. Place filled mold or coffee cans on metal rack in slow cooking pot. Pour 2 cups hot water around mold. Cover pot and cook on high for 2½ to 3 hours. Remove mold from pot. Let stand several minutes; turn bread out on cooling rack. Can be served warm or cold. Great with cheeses or all by itself. Especially good as a coffee cake for brunch, with fresh fruit plate, or chicken salad for lunch.

Sr. Terisse Zosso, S.Sp.S.
Techny, IL

ZUCCHINI BREAD

3 eggs, beaten	3 C. flour
¾ C. oil	1 tsp. soda
1¾ C. sugar	1 T. flour
2 C. grated zucchini	½ tsp. salt
1 tsp. vanilla	1 tsp. baking powder

Beat eggs, oil and sugar. Add zucchini and vanilla. Add flour and other ingredients. Mix about 1 minute. Put into 2 bread pans. Bake at 350° for 45 minutes to 1 hour.

Marie Schafer
Brooklyn Park, MN

FRENCH CUSTARD TOAST

3 eggs	4 slices French or Italian
1 T. flour	bread, cut 1" thick
1 tsp. sugar	2 T. butter or margarine
½ tsp. salt	Maple-blend syrup
1 C. milk	

About 1 hour before serving or day ahead: in pie plate or deep medium dish, with fork, stir eggs, flour, sugar, salt and milk until well combined. Place bread in egg mixture; cover and refrigerate for 30 minutes; turn slices over and let soak 15 minutes or overnight. About 15 minutes before serving: In medium skillet over medium-low heat in hot butter or margarine, cook soaked bread until browned on both sides. Serve with syrup. Makes 4 servings.

Mrs. Frank (Josephine) Pikel
North Chicago, IL

CORNMEAL PANCAKES

2 eggs	1 tsp. salt
2 C. milk	2 T. baking powder
1 C. white flour	2 T. sugar
1 C. cornmeal	2 T. melted fat

Beat eggs; add milk and blend. Add sifted dry ingredients and mix well. Add melted fat and blend. Bake on an ungreased hot griddle. Makes 20 to 25 medium-size pancakes.

Bea Bodensteiner
Fredericksburg, IA

SOUTHERN BUTTERMILK PANCAKES

1¾ C. flour	2 eggs, well beaten
2 tsp. sugar	2 C. buttermilk
1 tsp. salt	2 to 4 T. butter or margarine,
1½ tsp. baking powder	melted
1 tsp. baking soda	

Sift flour before measuring; then resift with sugar, salt, baking powder and soda. Mix eggs with buttermilk. Combine the dry and liquid ingredients with a few strokes; then add butter or margarine. Mix ingredients well but with as few strokes as possible. Batter will be lumpy. Bake on hot griddle until browned on both sides. Yields 20-4" cakes.

Alice Lute
Oxford, MS

AUNT HANNAH'S SWEDISH PANCAKES

3 eggs
1½ C. milk

¾ C. flour

Beat together above ingredients. Add 1 teaspoon sugar, ½ teaspoon salt and 2 tablespoons melted oleo. Fry in oleo, tilting pan. Makes 11-9" pancakes.

Mrs. Loretta Drew
Waukegan, IL

APPLE PANCAKE

Mix together ½ cup flour in ½ cup milk, 3 eggs, 1 teaspoon sugar, a dash of salt. Slice a large apple and fry in a large pan. Be sure to have the butter swirled all over the inside of the pan, so the pancake will not stick to the sides when it rises. Pour the batter in over the apple and place in a hot oven (about 500°). When the pancake has raised and is nearly done, powder with cinnamon and sugar. Dot with butter and return to the oven until brown. Before serving, sprinkle the juice of a lemon over the pancake. Serves 4.

Christel Baljevich
Chicago, IL

There is a saying I recall
That helped me as a child
It seemed to be a recipe
For anything worthwhile

"Only the best is good enough"
The wise have found it true
For when you give the best,
The best returns to you

NORWEGIAN PANCAKES

4 large eggs
1 tsp. salt
1 C. milk
1 C. flour

½ C. cold water
2 T. margarine or butter
Additional small amounts of
margarine or butter with
each frying

Beat 4 eggs in large bowl of an electric mixer until just blended. add 1 teaspoon salt and 1 cup of milk. Slowly blend in 1 cup flour and mix well. Add ½ cup cold water, blend well. Melt 2 tablespoons butter in the skillet that will be used for frying and add the butter to the batter. With a ¼-cup measuring cup, pour this amount of batter into the skillet, swirl the batter to cover the complete bottom of the pan and fry. When bubbles begin to appear on the top side of the batter, it is time to loosen with a spatula and flip to bake the other side. Do not overbake. When done, take a fork, hook it into the edge and roll up. Ready to serve. Very good with homemade or at least a better grade jam or applebutter and of course, maple syrup is always good. We usually make them up and have all three on the table to try some of each!

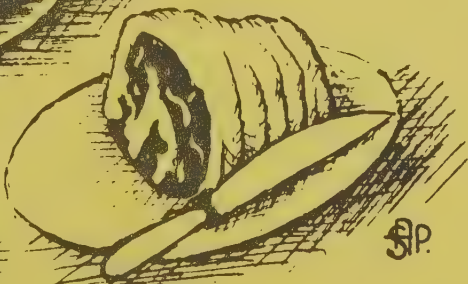
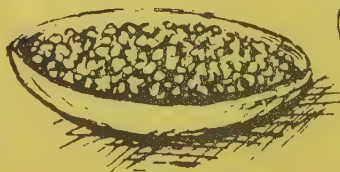
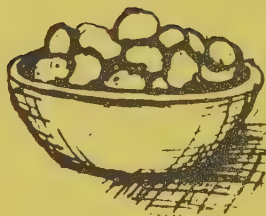
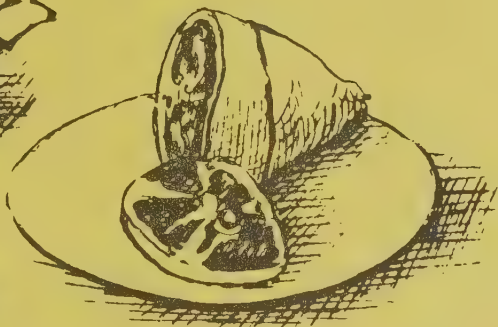
If the cook has access to a warmer, set very low, it's better to make them up BEFORE you call the others to the table or you'll be alone in the kitchen frying up a storm with eager plates wanting more and you'll have to eat alone - if there's any left that is. Good eating!

Sharon R. Schultz, Brookfield, IL
Grandma Thora Fagre's recipe
from Sioux Falls, SD

The fool wonders, the wise man asks.

Notes

MAIN DISHES



S.P.

"TASTY" OVEN ROAST

4 to 5 lb. roast (sirloin tip or rib roast)	2 T. Lea & Perrins sauce
1 to 2 tsp. McCormick's seasoning salt	2 T. Kitchen Bouquet (use more if desired)
2 tsp. dry mustard	1 T. Accent
½ tsp. Beau Monde	½ C. Italian salad dressing
½ tsp. oregano	

(If more liquid is needed, use ½ cup water, adding gradually while roast is cooking.)

Preheat oven to 300°. Meat must be at room temperature before cooking (VERY IMPORTANT). Place meat in roast pan. Mix all other ingredients in separate container and pour over roast, except the ½ cup water. DO NOT COVER. Place roast in preheated oven and turn setting up to 400° until roast is brown. Turn setting back to 300° and cook. Do not let pan dry. Continue to add water (½ cup) if needed (VERY IMPORTANT). Baste roast until done. Use meat thermometer for open pan cooking. Well done - 30 minutes per pound; medium - 20 minutes per pound. When done, remove roast from oven and roast pan; set aside. Cool 30 minutes before slicing and serve with piping hot gravy.

Mrs. Lubertha Barnes
Vicksburg, MS

MIRACLE DRUG

When a child is sad and weary
And thinks life isn't worth a bug,
Don't prescribe a pick-up tonic, when
All that's needed is a loving hug.

VALLEY POT ROAST

- | | |
|----------------------------------|--|
| 1 T. flour | 2 medium onions, sliced in rings (separated) |
| 1½ tsp. salt | ¾ C. dry red wine |
| 1 tsp. pepper | ¾ C. sour cream |
| ½ tsp. paprika | ½ tsp. dried thyme leaves |
| 1-4 lb. rump roast (boneless) | 3 T. flour |
| 3 T. oil | ½ C. water |
| 2 cloves garlic, chopped | 2 T. lemon juice |
| 2 large carrots (thin 2" strips) | Snipped parsley (optional) |

Mix together 1 tablespoon flour, salt, pepper and paprika. Rub on all surfaces of meat. Brown in hot oil in Dutch oven. Remove meat, set aside. Add garlic, carrots and onions to Dutch oven. Cook, stirring occasionally, until onions are golden, about 10 minutes. Heat wine, stir into vegetables. Reduce heat, stir in sour cream and thyme. Return meat to Dutch oven, cover tightly. Cook over low heat until meat is fork tender, about 3½ hours. Turn meat 2 or 3 times while cooking. Mix 3 tablespoons flour and water together. Remove meat and vegetables to hot platter. Skim fat from liquid, stir in flour mixture, cook until thickened, about 5 minutes. Add lemon juice and cook 2 minutes. Slice meat thinly, serve with gravy, sprinkle with snipped parsley.

Margaret Wilson
Durham, NC

BEEF ROAST WITH PRUNE JUICE

Choose any low-priced roast. Brown both sides of roast in Dutch oven or skillet on top of stove. Place in roasting pan. Add ½ to 1 cup water and ½ to 1 cup prune juice, depending on size of roast. Cover and cook as with any pot roast. The prune juice tenderizes the roast and leaves a dark brown liquid for gravy. Can't taste the prune juice.

Jeanie Budweg
New Hampton, IA

SOURBRATEN

3 lbs. round bone pot roast	1 medium onion, sliced
2 tsp. salt	1 T. allspice
Pepper	¼ C. sugar
2 C. vinegar	2 T. fat
2 C. water	Flour

Heat vinegar, water, onion and spices. **Do not boil.** Pour hot mixture over meat. Cover, let stand 1 to 3 days. Drain, saving the vinegar mixture. Brown meat in fat. Add vinegar mixture. Cover and simmer up to 3 hours. Remove meat. Thicken with 2 tablespoons of flour for each cup of liquid. Cook until thickened. Keep meat hot and serve. Serves 6 people.

Catherine Hinterlong
Naperville, IL

SAUERBRATEN WITH SOUR CREAM GRAVY

4 to 5 lbs. chuck (rump or rolled)	SOUR CREAM GRAVY:
2 tsp. salt	½ C. sugar
1 onion, sliced	¼ C. seedless raisins
3 bay leaves	4 to 5 crumbled gingersnaps
1 tsp. whole black pepper	1 C. thick sour cream
2 C. cider vinegar	
2 C. water	
¼ C. sugar	
2 T. shortening or oil	

Rub meat with salt. Put in crock or large bowl with onion, bay leaves and pepper. Heat vinegar and water together, stir in sugar and pour over meat. Cover and refrigerate 3 to 4 days, turning meat each day. Remove meat from liquid, save liquid for basting. Pat roast dry, brown all sides in hot shortening in covered roaster. Add 1 cup of the liquid. Cover and cook in slow oven, 300°, for 3 hours or until tender. Add more liquid if necessary. Remove meat, slice for serving and keep hot while you make gravy. Gravy curdles if it stands. Strain liquid left from cooking meat, skim off fat. Melt sugar in skillet, stir in strained liquid gradually. Add raisins and gingersnaps, cook just till cream is hot. Serve over meat with red cabbage and dumplings - Wow! Makes 8 servings.

Theo Alexander
Darien, CT

ROAST BEEF WITH RED WINE

Roast 5 to 6 pound eye of round, sirloin tip, or rump roast for 2 hours, covered, at 350°. Salt and pepper. Pour 1 cup red wine over meat and return to oven and roast 1 hour, covered. Remove from juice and cool. Refrigerate. Save juice. Next morning, slice meat thin.

SAUCE: Mix ½ stick margarine, 1 large onion, sliced and sauteed. Add 2 teaspoons Worcestershire sauce, ½ teaspoon salt and juice from 1 lemon. Bring ingredients for the sauce to a boil. Add 1 bouillon cube which has been dissolved in 1 cup hot water. Add to the sauce, 1-16 ounce can of mushrooms with juice, the juice of the meat and pour sauce over the sliced meat. Refrigerate for 3 to 4 days. Do not stir. Preheat oven to 200°, cook for 2 hours. Soy sauce and a little sugar may be added, if desired. May be served over buns.

Eleanor Dunn
Mountainhome, AR

POLISH BEEF ROLLS

6 slices thin round steak, pounded thin	1 medium onion, chopped
Salt and pepper to taste	3 T. flour
12½ slices of bacon	3 T. margarine
1 medium onion, chopped	Wooden round toothpicks

Sprinkle steak with salt and pepper. In center of each steak, put 2 slices of bacon, chopped onions on top of bacon, roll each steak and put 4 toothpicks in each piece of steak, then roll in flour and saute in margarine until brown. Slowly add 1 cup of warm water and cook until tender, 1¼ hours. When finished, add water to make gravy.

Bernice Smela
Ossineke, MI

RINDS ROULADEN BEEF ROLL-UPS

6-5 to 6 oz. sandwich steaks (thin)	Salt and pepper
2 medium onions (cut up and sauteed)	1 bay leaf
3 strips bacon, cut in half	Flour, cornstarch
6 pickle sticks	Beef stock
Mustard	½ C. red wine
	¼ lb. margarine

Place steaks on board, season with salt and pepper, spread on mustard lightly all over, put on ½ slice of bacon, 1 pickle stick and sauteed onions. Roll up each steak tightly. Fasten rolls with toothpicks or twine. Dip in flour and brown on all sides in hot margarine, place in covered pot. Add beef stock to cover them. Add the bay leaf and red wine and simmer for about 1½ hours until done. Remove roll-ups from stock, thicken the stock lightly with cornstarch. Remove toothpicks or twine and serve roll-ups in gravy with mashed potatoes. Red cabbage is an ideal vegetable with this dish.

Klaus Speckan
Vernon Hills, IL

BEEF STROGANOFF

3 T. flour	¼ C. minced onion
1½ tsp. salt	½ C. water
¼ tsp. pepper	1 can cream of mushroom soup
1 lb. beef from the sirloin tip	1 lb. fresh mushrooms, sliced
1 clove garlic	1 C. sour cream
¼ C. butter	Fresh chives

Combine flour, salt and pepper. Trim fat from meat; rub with garlic. Pound flour mixture into meat. Cut into strips; brown in hot butter. Remove meat; refrigerate. Saute onions in remaining butter; add soup, water and mushrooms, stir in sour cream. Cook, uncovered, for 20 minutes over low heat, stirring occasionally. Refrigerate. Thirty minutes before serving, combine meat and sauce. Cook slowly for 25 minutes to heat through. Serve with rice or noodles. Garnish with chives. Makes about 4 servings.

Caroline Carlton
Chicago, IL

BUSY DAY BEEF STROGANOFF

- | | |
|--|--|
| 1 lb. lean ground beef | 1 C. dairy sour cream |
| 1 medium onion, sliced | 1-3 oz. can broiled, sliced mushrooms, undrained |
| 1 clove garlic, minced | 2 T. ketchup |
| 1-10½ oz. can condensed cream of mushroom soup | 2 tsp. Worcestershire sauce |
| | Poppy seed noodles |

Brown ground beef with onion and garlic. Drain any excess grease. Combine remaining ingredients, except noodles. Add to meat. Heat through, but do not boil. Serve over noodles. Makes 4 servings. POPPY SEED NOODLES: Cook 4 ounces noodles in large amount of boiling water according to package directions. Add 1 tablespoon butter and 1 teaspoon poppy seed. Toss.

Pat Martin
New Hampton, IA

BEEF STEW PROVENCAL-STYLE

- | | |
|---|---|
| 4 strips bacon, diced | ½ tsp. each thyme leaves, dry rosemary and summer savory leaves |
| 3 lbs. lean boneless beef chuck, cut into 2" chunks | 2½ C. dry red wine (also may substitute beef broth or water) |
| 16 small onions (about 1" diameter) | 1 C. frozen peas, thawed |
| 5 medium-size carrots, cut into ¾" pieces | 2½ T. cornstarch |
| 2 bay leaves | 2½ T. water |

Over medium heat, cook bacon for about 5 minutes. Add beef and cook until browned on all sides. Stir in onions, carrots, bay leaves, thyme, rosemary, savory and wine. Bring to a boil, cover and reduce heat and simmer until meat is very tender when pierced (2½ to 3 hours). With a slotted spoon, lift out meat and vegetables and arrange on a rimmed serving dish; discard bay leaves. Skim and discard fat from pan juices, measure juices and add enough broth, if necessary, to make 2 cups total. Return to pan, stir in peas and bring to a boil. Combine cornstarch and water, add to boiling liquid and cook, stirring constantly until sauce thickens. Season with salt and pepper, pour over meat and vegetables. Serves 6 to 8.

Caroline Carlton
Chicago, IL

CHILEAN STEW

1 lb. beef, cubed	2 garlic cloves, minced
6 potatoes, sliced	3 carrots, sliced
3 medium onions, sliced	3 tomatoes, sliced
1 can peas	1 can tomato juice

Saute beef in oil with minced garlic. Season with salt and pepper. Arrange carrots, potatoes and onions in layers over the beef. Add tomato juice and cook at medium heat. When everything is almost cooked, add the slices of tomatoes and pour in the peas (strained). As the liquid cooks away, add water as needed. Cook until all is tender.

Hope VaLente (Martinez)
Ilo, Peru

FIVE HOUR STEW

1 C. chopped celery	2 cans water
5 medium potatoes, diced	10 medium carrots, sliced
1 medium onion, quartered and sliced	2-10 ³ / ₄ oz. cans tomato soup
	1½ lbs. stew meat, cut into bite-size pieces

Put all ingredients into roasting pan and cover. Put in oven at 275° for 5 hours and serve or put into slow cooker on low for 8 hours and serve.

Rita Geerts
New Hampton, IA

To the thin: Don't eat fast.
To the fat: Don't eat. Fast.

HARVEST STEW

2 lbs. boneless beef, cut into 1" cubes	1 C. beef broth
¼ C. flour	1 small pumpkin, about 10" diameter
1½ tsp. salt	4 medium potatoes, peeled and quartered
¼ tsp. pepper	8 small onions
½ tsp. ground cloves	1½ C. green beans
3 T. vegetable oil	
1-16 oz. can whole tomatoes	

Shake meat in a bag with flour, salt, pepper and cloves. Heat oil in a heavy saucepan; add meat and brown on all sides over high heat. Add tomatoes and broth. Simmer, covered, about 1½ hours or until meat is tender. Cut off pumpkin top and reserve. Remove pumpkin seeds and membrane; scoop out pumpkin meat in chunks to measure 2 cups, being careful to leave pumpkin wall about ½" thick, especially near bottom, so that pumpkin shell will not collapse during cooking. Stir pumpkin chunks, potatoes, onions and beans into meat mixture; bring to boil. Spoon stew into pumpkin shell and cover with reserve pumpkin top. Place pumpkin shell in a baking pan and bake in a preheated 350° oven for about 45 minutes or until meat is tender.

Paula Dahl
New Hampton, IA

ARMENIAN MELON / PUMPKIN DOLMA

1 medium-size pumpkin, cantaloupe or honeydew	½ C. rice
½ C. chopped onion	¼ C. pine nuts
½ lb. ground meat	¼ C. currants
	Salt and pepper

Wash melon, do not peel. Cut large enough piece from the top to use as a cover. Clean out the inside seeds. Brown the meat in butter with onions. Add the rest of ingredients and mix well. Put this mixture inside the melon/pumpkin, cover with top and secure in place with toothpick. Place in pan of the same size and bake in moderate oven until cooked. When serving, cut as you would cut a melon and leave portion of meat mixture on top of each piece.

Joan Margaret Nieses
Northfield, IL

OLD-FASHIONED BEEF STEW

½ C. Gold Medal flour*	1 medium turnip, cut into 1" cubes
1 tsp. salt	
¼ tsp. pepper	4 carrots, cut into 1" slices
2 lbs. beef stew meat, cut into 1" pieces	1 green pepper, cut into strips
2 T. shortening	1 C. sliced celery (1" pieces)
6 C. hot water	About ½ C. diced onion
3 pared medium potatoes, cut into 1" cubes	1 T. salt
	2 beef bouillon cubes
	1 bay leaf

Mix flour, 1 teaspoon salt and the pepper. Coat meat with flour mixture. Melt shortening in large skillet; brown meat thoroughly. Add water; heat to boiling. Reduce heat; cover and simmer 2 hours. Stir in remaining ingredients. Simmer 30 minutes or until vegetables are tender. If desired, thicken stew. In covered jar, shake 1 cup cold water and 2 to 4 tablespoons flour until blended. Stir into stew, heat to boiling, stirring constantly. Boil and stir 1 minute. Makes 6 servings.

*If using self-rising flour, decrease 1 teaspoon salt to ½ teaspoon.

Carmel K. O'Kane
Skokie, IL

BEAN STEW WITH BACON

1 C. navy beans	1-10 oz. can pork and beans
1½ lbs. ground beef	4 T. brown sugar
1 can condensed cream of tomato soup	1 medium onion, sliced
1 can water	1 lb. bacon

In large pan, cover navy beans with water and soak overnight. Add more water to beans to cover if necessary and simmer for 60 minutes or till tender. Brown ground beef. Mix soup, water, pork and beans, navy beans and ground beef together. Put ½ this mixture in casserole dish. Sprinkle 2 tablespoons brown sugar on top. Add ½ the onion slices and ½ the bacon slices. Add the rest of the bean mixture and repeat the brown sugar, onions and bacon. Bake in 350° oven for 1 to 1½ hours. Serve hot.

Terry Spreda
Stevens Point, WI

BEAN HASH

1½ lbs. hamburger meat
1-16 oz. can Bush's baked
beans

1 onion (size of walnut)
1-10¾ oz. Campbell's tomato
soup

Fry meat with sliced onion on top of stove. Season as desired. When meat is cooked, add the can of tomato soup. Let simmer for an hour before eating. Stir from time to time. Excellent dish when time is scarce. Can be reheated in microwave or in conventional oven.

Rosella Liebhauser
Oshkosh, WI

GREEN PEPPER STEAK

1 lb. beef chuck or round
(fat trimmed)
¼ C. soy sauce
1 clove garlic
1½ tsp. grated fresh ginger
or ½ tsp. ground
¼ C. salad oil

1 C. green onion, thinly sliced
1 C. red or green peppers,
cut into 1" squares
2 stalks celery, thinly sliced
1 T. cornstarch
1 C. water
2 tomatoes, cut into wedges
(optional)

With a very sharp knife, cut beef across grain into thin strips, 1/8" thick. Combine soy sauce, garlic, ginger. Add beef, toss and set aside while preparing vegetables. Heat oil in large frying pan or wok. Add beef and toss over high heat until browned. Taste meat. If it is not tender, cover and simmer for 30 to 40 minutes over low heat. Turn heat up and add vegetables, toss until vegetables are tender and crisp, about 10 minutes. Mix cornstarch with water, add to pan. Stir and cook until thickened. Add tomatoes and heat through (optional). Serves 4.

Cathy Zapolski
Erie, PA

PEPPER STEAK

Rice	1 or 2 large onions
Round or sirloin steak, tenderized	2 green peppers
1 T. paprika	2 T. cornstarch
2 T. butter or margarine	¼ C. water
2 cloves garlic, crushed	¼ C. soy sauce
1½ C. beef broth	2 tomatoes

Sprinkle meat with paprika and let it sit about 10 minutes. Brown meat in butter. Add garlic and broth. Cover and simmer 30 minutes. Stir in onions and green peppers. Cover and cook 5 minutes. Blend cornstarch, water and soy sauce. Stir into meat mixture. Cook, stirring until clear and thickened (about 2 minutes). Add tomatoes and stir. Serve over cooked rice.

Mavis Landsverk
Wadsworth, IL

BEEF TERIYAKI

⅔ C. soy sauce	1 tsp. ground ginger
2 T. sugar	1 clove garlic, minced

Cut 2 pounds of beef sirloin steak ½" thick in serving pieces. Marinate in above soy sauce mixture at room temperature for about 30 minutes. Broil or grill on each side to desired doneness. Baste with marinade 2 or 3 times while cooking.

Loyce Horan
New Hampton, IA

CHINESE HAMBURGER

1 lb. ground round	1 can cream of mushroom soup
1 diced onion	1 T. soy sauce
2 sticks diced celery	1 green pepper, diced
1 can chicken noodle soup	Salt and pepper to taste
	1 C. cooked rice

Brown meat, onion and green pepper in ¼ cup oil. Add celery, soups and soy sauce. Add salt and pepper sparsely. Simmer ½ hour, stirring occasionally. Serve over rice.

Mrs. Ed Pfannenstiel
Hays, KS

PEPPER BURGERS WITH THYME SAUCE

1 egg	½ C. chopped onion
2 T. milk	1 T. flour
¾ C. soft bread crumbs	1 C. beef broth
¾ tsp. salt	1½ tsp. Worcestershire sauce
¼ tsp. nutmeg	½ tsp. dried thyme, crushed
1 lb. ground beef	1 medium green pepper, cut in strips
Hot, cooked rice	

In bowl, combine egg, milk, bread crumbs, salt and nutmeg. Add ground beef and mix well. Shape into 4 patties. In a 10" skillet, cook patties over medium heat almost to desired doneness, about 3 to 4 minutes. Remove from skillet. Cook onion in skillet drippings till tender, not brown. Drain off excess fat from skillet. Blend flour and beef broth; stir into skillet with sauce and thyme. Cook and stir till thickened. Return burgers to skillet; add green pepper strips. Simmer, covered, till burgers are heated through, 2 to 3 minutes. Serve with rice. Makes 4 servings.

Fran Kovarik
Rapid City, SD

ELEPHANT STEW (A JOKE!)

1 medium-size elephant
Salt and pepper to taste
2 rabbits (optional)

Cut elephant into bite-size pieces. Add enough brown gravy to cover. Cook over kerosene fire about 4 weeks at 365° F. Will serve 3,800 people. If more are expected, add the 2 rabbits, but only if necessary, as most people don't like hare (hair) in their stew.

Joan Crowley
Conneautville, PA

GERMAN MEATBALLS WITH SPAETZLE

1 slightly-beaten egg	1-3 oz. can chopped mushrooms, drained
¼ C. milk	½ C. chopped onion
¼ C. fine dry bread crumbs	1 C. dairy sour cream
1 T. snipped parsley	1 T. all-purpose flour
½ tsp. salt	½ to 1 tsp. caraway seed
¼ tsp. poultry seasoning	2 C. all-purpose flour
Dash of pepper	1 tsp. salt
1 lb. ground beef	2 slightly-beaten eggs
1-10½ oz. can condensed beef broth	1 C. milk

In a bowl, combine the 1 egg, ¼ cup milk, fine dry bread crumbs, snipped parsley, ½ teaspoon salt, poultry seasoning and pepper; add ground meat and mix well. Shape mixture in 24-1½" meatballs. In skillet, brown meatballs; drain off excess fat. Add broth, mushrooms and onion. Cover and simmer 30 minutes. Combine sour cream, 1 tablespoon flour and the caraway seed; stir into broth. Cook and stir till mixture thickens and bubbles. Serve with spaetzle: In bowl, combine the remaining flour and salt. Add remaining eggs and milk; beat well. Let rest 5 to 10 minutes. Place batter in coarse-sieved colander (like the basket for deep-fat fryer). Hold over large kettle of rapidly boiling, salted water. Press batter through colander with back of wooden spoon or rubber spatula. Cook and stir 5 minutes; drain. Sprinkle with snipped parsley, if desired. Makes 4 to 6 servings.

Marie Schafer
Brooklyn Park, MN

RUSSIAN MEATBALLS

MIX IN LARGE BOWL:

2 lbs. ground beef	2 T. minced onion
2 C. bread crumbs	1 clove garlic, minced
2 eggs	1 T. Worcestershire sauce
½ C. milk	2 tsp. salt
1 T. grated lemon rind	½ tsp. pepper

Form into small balls and brown in hot fat. Remove meatballs. To fat in pan (about 5 tablespoons), add 1 large green pepper, chopped. Saute until tender. Add 5 tablespoons flour and stir to make paste. Add 4 cups tomatoes, cook until thick. Add 2 cups sour cream. Pour sauce over meatballs and bake in 300° oven for 30 minutes. Serves 8 to 10.

Jo Kledzinski
Montgomery, IL

MARILYN'S SWEDISH MEATBALLS

4 T. margarine	¾ lb. ground beef
1 T. minced onion	¼ lb. ground pork
⅓ C. fine dry bread crumbs	1 tsp. salt
½ C. water	¼ tsp. white pepper
½ C. half and half	½ tsp. sugar

1. Melt 1 tablespoon margarine in frying pan. Add minced onion and cook over low heat until lightly browned.
2. Mix bread crumbs, water and half and half and let stand a few minutes. Add ground beef and pork, salt, pepper, sugar and onion. Stir until thoroughly mixed.
3. Shape into very small meatballs. Melt remaining 3 tablespoons margarine in pan. Add meatballs. Brown slowly, allowing 25 minutes for browning. Shake pan occasionally to brown evenly. Yields about 48 tiny meatballs.

Marilyn Yoder
Waukegan, IL

SWEET AND SOUR MEATBALLS FOR A CROWD

10 lbs. hamburger	1 T. salt
5 C. dry bread crumbs	5 T. Worcestershire sauce
3 C. milk	10 eggs
1 C. chopped onion	

Mix ingredients, shape into small balls. Cook in pan in 375° oven until light brown (20 to 25 minutes) and drain.

SWEET AND SOUR SAUCE:

5 C. brown sugar	1½ C. vinegar
10 T. cornstarch	10 T. soy sauce
1 large can pineapple chunks	4 green peppers, chopped

Mix brown sugar and cornstarch in a pan over medium heat. Stir in pineapple (with syrup), vinegar and soy sauce. Heat until boiling, stirring constantly, reduce heat; add meatballs to sauce. Stir and simmer, stir in green peppers. Cover and simmer 15 minutes.

Shirley Recker
Alta Vista, IA

SWEET & SOUR MEATBALLS

1½ lbs. hamburger
1 egg

Salt & pepper
Chopped onions

Mix and make into meatballs. Mix together 1-10 ounce jar chili sauce and 1-10 ounce jar grape jelly. Pour over raw meatballs. Bake at 325° for 1 hour.

Teresa Tentis
Elgin, MN

PORCUPINE BALLS

1½ lbs. fresh ground pork
½ C. bread crumbs
1 small onion, ground

½ C. raw rice
1 tsp. pepper
1 tsp. salt

Mix ingredients. Form into balls and cover with 1 can tomato soup and 1 cup water. Bake 1½ hours in a moderate oven.

Catherine Bellmore (Underberg)
Breckenridge, MN

A CHURCH GARDEN

First, plant five rows of peas:

Presence.
Promptness.
Preparation.
Purity.
Perseverance.

Next to these, plant three rows of squash:

Squash gossip.
Squash criticism.
Squash indifference.

No garden is complete without turnips:

Turn up for the meetings.
Turn up with a smile.
Turn up with new ideas.

Turn up with determination to make everything count
for something good and worthwhile.

OVEN MEATBALLS

1½ lbs. ground beef	¾ tsp. pepper
¾ C. oatmeal	3 T. chopped onion
1½ tsp. salt	1 C. milk

Mix all ingredients and make into balls about the size of a half-dollar. Place in a baking dish with a cover. (Meatballs do NOT have to be browned.) Prepare sauce mix.

SAUCE:

1 C. ketchup	2 T. sugar
3 T. vinegar	½ C. water

Mix and pour over the meatballs. Bake at 350° for 1 hour. I usually serve this with Baked Rice.

BAKED RICE:

2 C. hot water	1 T. butter or margarine
1 C. regular rice (NOT Minute rice)	1 tsp. salt

Put in covered baking dish. Bake at 350° for 1 hour. (This makes four ½-cup servings. Adjust proportions to suit your family size. You should always use twice as much water as rice.)

Kathy Kunkel
Hastings, MN

TACO MEATBALLS

2 lbs. ground beef	¼ tsp. salt
1 C. chopped onion	1-16 oz. can tomato sauce
1 C. Minute rice, uncooked	1 pkg. taco seasoning
1 egg	1 can Cheddar cheese soup

Mix beef, rice, onion, salt and egg. Shape into balls and place in casserole. Mix tomato sauce and taco seasoning and pour over meatballs. Bake 45 minutes at 350°. Take from oven and pour cheese soup over. Bake 15 minutes longer.

Donna Leichtman
New Hampton, IA

HAM AND PORK MEATBALLS

GRIND TOGETHER:

1 lb. ground ham
1 lb. ground pork

ADD:

2 eggs
1 C. soft bread crumbs
1 medium chopped onion

Mix the above and shape into balls.

MAKE SAUCE OF:

1 medium can crushed
pineapple
 $\frac{1}{2}$ C. brown sugar
1 tsp. cornstarch

$\frac{1}{3}$ C. catsup
 $\frac{1}{3}$ C. vinegar
2 T. soy sauce
 $\frac{1}{2}$ tsp. ground ginger

Pour sauce over meatballs and place in a baking dish. Bake 1 hour at 350°.

Lila Bjornson
Norway, MI

BEEF BALLS IN CABBAGE LEAVES

6 large outer cabbage
leaves
1 lb. ground beef
3 tsp. salt
 $\frac{1}{2}$ tsp. pepper
2 T. chopped onion

$\frac{1}{2}$ C. cooked rice
1 C. tomato juice
1 medium onion, sliced
2 T. sugar
2 T. vinegar

Scald cabbage leaves in boiling water, leaving them in water only long enough to soften them. Combine ground beef, 1 teaspoon salt, pepper, chopped onion and rice. Form into 6 meatballs. Wrap each ball in cabbage leaf and fasten edges with toothpicks. Place in an 8" skillet with cover. Add tomato juice, sliced onion, remainder of salt, sugar and vinegar. Cover. Cook over high heat until steaming; then reduce heat to simmer. Serve at once. Serves 6. Use an 8" skillet with cover. Cooking time is about 1 hour.

Cathy Zapolski
Erie, PA

BARBECUED MEATBALLS

1-13 oz. can evaporated milk	2 tsp. chili powder
2 C. quick oatmeal	3 lbs. hamburger
1 C. onion, chopped	2 eggs
2 tsp. salt	½ tsp. garlic powder
	½ tsp. pepper

Mix and shape into balls the size of a walnut. Place in a 9x13" pan, only one layer to pan.

SAUCE:

2 C. catsup	1½ C. brown sugar
2 T. liquid smoke	½ tsp. garlic powder
½ C. onions, chopped	

Mix well until sugar is dissolved. Pour over meatballs and bake 1 hour at 350°.

Mary Ellen Ervin
Huntley, IL

BAKED PORK CHOPS

6 thick pork chops	2 tsp. Worcestershire sauce
½ large onion, sliced	3 T. catsup
1 can cream of chicken soup	Salt and pepper to taste

While pork chops brown, cut up onion and add to chops. Mix soup, Worcestershire sauce and catsup. Pour over chops and bake 1 hour at 350°.

Peg Murtaugh
New Hampton, IA

PORK CHOPS & SAUERKRAUT (GERMAN)

16 oz. can sauerkraut
½ C. water
½ C. catsup
¼ C. onion slices

2 T. uncooked barley
2 T. soy sauce
Lemon slices

Mix sauerkraut, onion slices, water and barley and place in the bottom of a baking dish. Lay pork chops on top and place a spoonful of the catsup-soy sauce mixture on each. Place a lemon slice on top of the sauce. Bake at 400° for about 1 hour, covered.

Ann Viernes
Chicago, IL

CELERY PORK CHOPS

6 pork chops (½" thick)
2 C. chopped celery
9 T. brown sugar

Juice of 1 lemon
1 small can tomato sauce
Salt and pepper to taste

Salt and pepper chops; dredge in flour. Brown in fat. Place in baking dish. Cover each chop with celery and 1½ tablespoons brown sugar. Squeeze lemon juice over sugar, cover with tomato sauce. Bake at 325° for 45 minutes.

Sr. Lauren Dietl, S.Sp.S.
Techny, IL

BREADED PORK CHOPS

Dip pork chops in beaten egg, then roll in cracker crumbs. Brown on both sides. Sprinkle 1 package of Lipton onion soup mix over browned chops. Add 2 cups water. Cover and simmer for 45 minutes. This prepared 4 to 6 chops - the soup base makes excellent gravy!

Barb Thraenert
Elma, IA

CRANBERRY PORK CHOPS

6 Iowa pork chops	2 C. fresh cranberries
¼ C. all-purpose flour	1 C. sugar
2 T. vegetable oil	1 C. water

Dredge pork chops with flour, brown on both sides in a small amount of hot oil. Drain well and place in shallow baking dish. Sprinkle washed (and sorted) cranberries over chops. Sprinkle with sugar. Add water. Cover and bake in 350° oven for 40 minutes. Remove cover. Bake another 30 minutes. Serves 6.

Sr. Julianne Dickinson, S.Sp.S.
Techny, IL

ORIENTAL PORK CHOPS

6 pork chops, cut ¾ to 1" thick	½ tsp. salt
¼ C. sugar	⅓ C. soy sauce
1 tsp. powdered ginger	1 clove garlic, minced

Combine sugar, ginger, salt, soy sauce and garlic. Pour mixture over pork chops and marinate 4 to 6 hours, turning occasionally. Place chops on rack in broiler pan. Insert a pan so tops of chops are 4 to 5" from heat. Broil 5 minutes, turn and broil 8 minutes longer. Continue broiling, turning occasionally, 12 to 15 minutes longer or until done. Makes 6 servings. This process may also be followed for an outdoor grill.

Patricia Kowal
Aiea, HI

PORK CHOP CASSEROLE

4 pork chops	2 T. flour
6 to 8 potatoes, peeled and sliced	2 C. milk
	1½ tsp. dill seed

Season chops with salt and pepper. Brown in hot fat. Remove from pan, save drippings. Place 2 chops in bottom of casserole. Cover with potatoes. Then last 2 chops. To pan drippings (about 2 tablespoons), add flour and stir to paste. Add milk and dill. Cook until smooth. Pour over casserole, cover and bake at 350° for 45 minutes. Uncover and continue to bake for 30 minutes until potatoes are done. Serves 3 to 4.

Jo Kledzinski
Montgomery, IL

LUXEMBOURG PORK CHOPS AND SAUERKRAUT

½ lb. bacon	½ tsp. dry mustard
1-29 oz. can sauerkraut	¼ C. dry white wine
1 tsp. brown sugar	Dash of pepper
1-15 oz. jar applesauce	½ tsp. paprika
	6 medium pork chops

Cut bacon slices into pieces and saute until crisp. Add bacon to sauerkraut, brown sugar, applesauce, mustard, wine and pepper. Turn into shallow 13x9" casserole. Sprinkle with paprika. Saute pork chops until golden brown. Place chops on top of sauerkraut mixture. Cover and bake at 350° for 1 hour. Serves 6.

Eileen Wheeler
Godfrey, IL

HUNGARIAN PORK CHOPS

6-4 oz. pork chops	1/8 tsp. pepper
2 T. flour	½ C. shortening
½ tsp. salt	

Mix flour, salt and pepper. Dip chops into mixture. Fry in shortening, until lightly browned. Arrange chops in baking pan.

MAKE A SAUCE WITH:

1-10 oz. can condensed	3 T. water
cream of mushroom soup	3 T. parsley
3 T. sour cream	¼ tsp. thyme

Pour over chops. Cover with thinly sliced onions. Cover and bake at 350° for 1 hour or until tender. Serves 4.

Sister Jude Henken, P.H.J.C.
Chicago, IL

PORK CHOPS WITH DRESSING

6 to 8 slices bread	1 to 3 tsp. sage
1 egg	Salt and pepper
1 onion, chopped	Boiling water
1 T. butter	6 pork chops

Toast or dry out bread. Break into small pieces. Add egg, onion, butter, sage, salt and pepper. Add boiling water, starting with $\frac{3}{4}$ cup, until dressing is desired consistency. Brown pork chops and season with salt and pepper. Place one layer deep in a baking dish. Put a mound of dressing on top of each cup. Cover and bake in a moderate oven (350°) for 1½ hours. Makes 6 servings.

Irma C. Berning
Anoka, MN

SIMPLE PORK CHOP AND POTATO DISH

4 to 6 pork chops	1 can vegetable-beef soup,
4 to 6 good-size potatoes	undiluted
1 medium onion	$\frac{1}{3}$ soup can water
	Salt & pepper to taste

Brown pork chops. Remove from pan. Slice peeled potatoes from end to end, medium-size slices. Slice onions lengthwise into strips. Layer potatoes and onion slices alternately in skillet. Salt and pepper each layer. Arrange pork chops on top of potatoes. Pour can of soup over all, aiming vegetable to porkless pockets. Add water over all. Cover and bake at 350° for approximately 1 hour or until potatoes give nicely to pressure of fork.

Bridget Berning
Albertville, MN

STUFFED PORK CHOPS

For 6 servings, use 6 pork chops, 1½" thick with a pocket.

MAKE STUFFING USING:

Bread cubes or 8 slices	1 egg, slightly beaten
bread	1½ C. chicken broth
1 chopped, unpeeled apple	½ tsp. sage
½ C. cut-up celery	

Mix with the chicken broth. Fill cavity of pork chops. Place in greased baking dish. Cover with 1 can mushroom soup. Sprinkle with paprika. Bake at 350° for 1½ hours.

Lila Bjornson
Norway, MI

SPARERIBS WITH LIMA BEANS

2 C. lima beans	½ tsp. pepper
2 tsp. brown sugar	2 C. boiling water
½ tsp. mustard	1½ lbs. spareribs
½ tsp. salt	

Wash lima beans and soak in water overnight. Drain and put in Dutch oven. Dissolve brown sugar, mustard, salt and pepper in boiling water, then pour over beans. Arrange 1½ ribs over the beans and bake in slow oven (300°) for 3 to 4 hours. Keep covered while cooking.

Bernice Smela
Ossineke, MI

Nothing will cook your goose faster than a red-hot temper.

KOREAN KABOBS

2 whole pork tenderloins, 1½ lbs.	1 clove garlic, minced
½ C. unsweetened pineapple juice	1/8 tsp. pepper
½ C. soy sauce	1 tsp. cornstarch
4 tsp. sesame seeds	1 green pepper, cut into 1" squares
1 T. brown sugar	

Cut each tenderloin into 1" pieces. Combine pineapple juice, soy sauce, onions, sesame seeds, brown sugar, garlic and pepper. Add tenderloin; cover and refrigerate overnight or let stand at room temperature for 2 hours, turning occasionally. Drain meat, reserving marinade. Blend water and cornstarch, stir in remaining marinade, cook and stir until thickened. Thread meat on skewers alternating with green pepper. Grill over medium coals for 20 minutes, turning and brushing with sauce occasionally. Serve remaining sauce. Makes 6 servings.

Jan Wheeler
Waukegan, IL

SWEET AND SOUR PORK

1½ lbs. boned pork (cut into 1" squares)	Pineapple chunks
¼ C. cornstarch	3 T. oil
Onion wedges	½ C. celery (cut thin)
½ C. pineapple juice	½ C. vinegar
1 T. soy sauce	¼ C. brown sugar

Toss pork in cornstarch until coated. Fry in oil until done. Set meat aside. Brown onion and celery. Add liquid, pineapple chunks, sugar and meat. Cook 2 minutes. Serve over boiled rice.

Kris Nolte
Waucoma, IA

EMBUTIDO (PHILIPPINE)

1½ lbs. ground pork	3 sliced sweet pickles
4 T. flour	3 T. raisins
3 hard-boiled eggs	1 C. ground ham
2 sausages or frankfurters	Salt, pepper to taste
2 raw eggs	Meat broth
	Tomato sauce

Mix the ground ham, pork, flour, 3 sliced sweet pickles, raisins, salt and pepper. Arrange sliced pickles, hard-boiled eggs and sausages on the mixture. Roll and wrap in foil. Cover with broth and simmer until done (30 to 45 minutes). Cool, unwrap before serving and slice. Serve with tomato sauce.

Chita B. Acosta
Waukegan, IL

PORK STEAK - HAWAIIAN STYLE

2 T. flour	1½ lbs. pork ham steak,
½ tsp. salt	1½" thick
¼ tsp. pepper	4 slices pineapple
	¼ C. pineapple juice
	1 C. green pepper (slices)

Combine flour, salt, pepper. Dredge meat in seasoned flour and brown in skillet in which fat has melted. Place pineapple slices on meat. Add pineapple juice. Cover and simmer over low heat about 1 hour. Add green pepper slices and simmer additional 20 minutes. Serves 4 to 6.

Chita B. Acosta
Waukegan, IL

TONY MOSETTE

- | | |
|----------------------------|------------------------------------|
| 1 pkg. small noodles | 4 stalks chopped celery |
| 1½ lbs. pork steak (cubed) | 1 small can mushrooms
(drained) |
| 1 chopped onion | 1 can tomato soup |
| 1 clove garlic | 1 can cream of mushroom
soup |

Boil noodles. Drain and place in baking dish. Fry pork and raw vegetables until brown. Add to noodles. Mix in remaining ingredients and season with salt and pepper to taste. Bake 2 hours in 350° oven.

Lorraine Nees
Sturtevant, WI

PORK-KRAUT STEW (HUNGARIAN)

- | | |
|--|-------------------------------------|
| 2 lbs. pork stew meat, cut
into 1" pieces | 2 tsp. instant chicken bouillon |
| 2 T. vegetable oil | 1½ tsp. caraway seed |
| 2 medium-sized onions,
chopped, 1 C. | 1 tsp. salt |
| 1 clove garlic, finely
chopped | 1/8 tsp. pepper |
| 2 C. water | 1-27 oz. can sauerkraut,
drained |
| 1 T. paprika | Snipped parsley |
| | 1-8 oz. carton dairy sour cream |

Cook and stir pork stew meat in oil in 10" skillet over medium heat until pork is brown; drain on paper towels. Cook and stir onions and garlic in same skillet until onions are tender. Stir in pork, water, paprika, instant chicken bouillon, caraway seed, salt and pepper. Heat to boiling; reduce heat. Cover and simmer for 1 hour. Stir sauerkraut into pork mixture. Heat to boiling; reduce heat. Cover and simmer until pork is tender, about 30 minutes. Sprinkle with parsley. Serve with sour cream. Makes 6 to 8 servings.

Rosemary Koudelka
Waukegan, IL

HAM LOAF

- | | |
|-------------------|--------------------------|
| 1 lb. ground ham | 2 eggs |
| 1 lb. ground beef | 1 C. tomato paste with a |
| 1 lb. ground pork | small amount of crushed |
| | crackers |
| | Catsup (to taste) |

Mix above ingredients as meat loaf. Place in an 8x8x2" pan (greased). Bake 1 hour and 15 minutes in a 325° oven. During last 15 minutes, baste twice with tomato sauce with a smidgeon of catsup added. Serves 10.

Sr. Julianne Dickinson, S.Sp.S.
Techny, IL

HAM BALLS WITH CHERRY SAUCE

- | | |
|-------------------------|------------------------|
| 2 C. ground, cooked ham | ¼ C. vegetable oil |
| ⅓ C. dry bread crumbs | ¼ C. hot water |
| ¼ C. milk | 1 C. cherry preserves |
| 1 egg, beaten | 2½ T. lemon juice |
| | ¾ tsp. ground cinnamon |

Combine ham, crumbs, milk, egg. Shape mixture into balls. Heat oil in skillet and brown meatballs over medium heat. Pour off drippings. Add hot water, cover and simmer 15 minutes. Combine preserves, lemon and cinnamon in small saucepan. Cook over low heat until it simmers. Place meatballs on warmed serving platter. Cover with sauce. Serves 6.

Sr. Julianne Dickinson, S.Sp.S.
Techny, IL

HAM PUFF

- | | |
|-------------|-------------------|
| ½ C. butter | Dash of pepper |
| 5 T. flour | 4 eggs, separated |
| 1½ C. milk | 2½ C. ham, cubed |
| ½ tsp. salt | |

Make white sauce of butter, flour, milk, salt and pepper. Cook until thick; add slightly-beaten egg yolks, gradually. Stir in ham. Fold in stiffly-beaten egg whites. Pour into 2-quart buttered casserole. Bake at 350° for 50 minutes to 1 hour. Yields 6 servings.

S.Sp.S. Sisters
Techny, Convent Kitchen

MICROWAVED MEAL-IN-A-LOAF

1 egg, beaten	1 lb. ground beef
½ C. dairy sour cream	½ C. shredded carrots
1 tsp. seasoned salt	2 hard-cooked eggs, halved horizontally
Dash of pepper	10 oz. pkg. frozen peas with cream sauce
1½ C. bite-size cereal	

In large bowl, combine egg, sour cream, salt and pepper. Stir in cereal to moisten. Let stand 5 minutes. Add beef and carrots. Mix well to break up cereal. Divide into 4 portions. Shape each portion around an egg half. Shape into mini-loaves. Arrange loaves in circular arrangement in a microwave-safe dish. Cover with wax paper. Microwave on high for 8 to 10 minutes. Rotate dish twice during cooking. Meanwhile, prepare peas according to package directions. Remove loaves to serving platter. Pour ¼ cup peas in sauce over each loaf. Serve immediately. Makes 4 servings.

Mrs. William Bowes, Sr.
Omaha, NE

QUICK MEAT LOAF

2 lbs. ground beef	½ C. warm water
2 eggs	1 pkg. onion soup mix
1½ C. bread crumbs	2 strips bacon (optional)
¾ C. catsup	1-8 oz. can tomato sauce

Mix meat, eggs, bread crumbs, catsup, water and soup mix thoroughly. Put into meat loaf pan. Cover with 2 strips of bacon if you like. Pour the tomato sauce over all. Bake 1 hour. Serves 4 to 6.

Pauline Cenni
Brandy Camp, PA

TASTY MEAT LOAF FOR A CROWD

10 to 15 lbs. ground beef	1 C. A.1. steak sauce
2 C. onions (chopped)	4 T. Worcestershire sauce
8 eggs	1 C. mustard & ketchup
2 C. milk	(½ C. mustard)
4 C. cracker crumbs or oatmeal	1 T. garlic salt
2 T. Mrs. Dash	2 tsp. salt
	1 tsp. pepper

Mix all ingredients thoroughly. Put in large cake pan (greased). Cover with a thin layer of ketchup. Bake at 350° for approximately 2½ hours. Yields 24 to 30.

Shirley Recker
Alta Vista, IA

MEAT LOAF

1 pkg. Wyler's onion soup mix	1 egg
1½ T. ground beef	Dash of pepper
3 slices bread, torn	TOPPING:
1 C. milk	1 C. catsup
	½ C. brown sugar
	1 tsp. vinegar

Combine all ingredients and mix thoroughly. Put into loaf pan. Bake at 350° F. for 1¼ hours. Makes 6 servings. Add topping.

Phyllis Kunzman
Nashua, IA

The smallest good deed is better than the greatest intention.

EVERY DAY MEAT LOAF

1 C. milk	¼ tsp. salt
1½ lbs. ground beef	1/8 tsp. pepper
2 beaten eggs	½ tsp. sage
1/8 to ¼ C. finely cut onion	⅔ C. bread crumbs

Soak bread crumbs in milk; add beaten eggs, meat, onions and seasonings and mix well. Pour into a greased 9x9" baking pan. Cover with a mixture of 3 tablespoonfuls brown sugar, ¼ cup catsup, ¼ teaspoon nutmeg and 1 teaspoon dry mustard. Bake 45 minutes in a moderate oven.

Rose Schwickerath
New Hampton, IA

CHOP SUEY

¼ C. butter or olive oil	MIX TOGETHER:
2 C. cooked pork or chicken	2 T. water
1 C. onions, chopped fine	1 tsp. sugar
1 tsp. salt	2 T. cornstarch
Pinch of pepper	1 T. soy sauce
1 can mixed Chinese vegetables	
2 C. celery, chopped fine	
1½ C. hot water	

Melt fat. Add onions and fry a few minutes. Add celery, salt, pepper and hot water. Cover and cook for 10 minutes. Add Chinese vegetables and meat. Mix thoroughly and simmer 15 minutes. Then add cornstarch, water, sugar and soy sauce that you already mixed. Add to stew and cook 2 minutes. Serve hot over rice or noodles.

Judy Dworzak
Northbrook, IL

CATHERINE'S CHOP SUEY

- | | |
|---|--|
| 1½ lbs. or 1 pkg. beef, veal
and pork (cut up) | 1 small can water chestnuts,
cut up |
| 2 T. vegetable oil | 1 small can mushrooms |
| ½ C. diced celery | Salt and pepper |
| ¼ C. diced onion and green
pepper | 2 T. bead molasses |
| 1-#2 can bean sprouts | ¾ T. soy sauce (if more is
desired) |
| 1-#2 can mixed vegetables | |

Brown the meat, onions, celery and green pepper in vegetable oil. Salt and pepper to taste. Add bean sprouts, mixed vegetables, chestnuts and mushrooms, adding the liquid of each can also. Add the molasses and soy sauce. Cook the mixture about 2 hours. Cook rice as directed on package. The extra mushrooms and water chestnuts can be omitted, but we like them. Serves 4.

Catherine Hinterlong
Naperville, IL

CHINESE CHOW MEIN

Slice 1 pound stew meat very thin against grain. May be marinated in oil and soy sauce. Cut diagonally - 4 stalks celery, 2 carrots (cut in half lengthwise) and 1 onion (finely chopped). Fry half the onion in oil, set aside. Add meat and brown. Add soy sauce, couple shakes, set aside. Fry rest of onion, set aside. Add celery, carrots, 1 can mushrooms, save liquid, 1 can bamboo shoots, salt, soy sauce, few shakes. Combine meat and vegetables. Add liquid from mushrooms, ½ cup water or so and ½ tablespoon sugar. Make cornstarch paste with cold water to thicken like gravy. Add Kitchen Bouquet for color. Taste, if needed, add more salt or soy sauce. Boil 1 pound noodles till about 80% done, rinse with cold water, let dry, then fry in oil till brown. Place on platter, pour chow mein over the noodles. Serve. Serves 8.

Sr. Arnolda Chang, S.Sp.S.
Norway, MI

CHOW MEIN

½ lb. pork, diced	10½ oz. can water chestnuts, sliced
½ lb. veal, diced	1-#2 can bean sprouts
½ lb. beef, diced	1-2 oz. can mushrooms
1 large bunch celery, cut into ½" pieces	2 T. fat
1 small onion, chopped	6 T. soy sauce
2 T. cornstarch	1 C. water
¼ C. water	Salt and pepper

Brown meat in hot fat. Add soy sauce and 1 cup water. Simmer 2 minutes. Add celery and onion, simmer 1½ hours. Blend cornstarch with ¼ cup water and stir into meat mixture. Add chestnuts, bean sprouts and mushrooms. Heat through. Season. Serve over cooked rice or Chinese noodles.

Peg Murtaugh
New Hampton, IA

TURKEY CHOW MEIN

1 green pepper, cut in strips	1/8 tsp. pepper
2 C. celery, cut in strips	3 T. cornstarch
1 C. thinly sliced onions	3 C. cooked turkey, cut in 1" pieces
1 C. sliced mushrooms	3 T. soy sauce
4 T. margarine	1-#2 can bean sprouts
2 C. turkey stock	2 cans chow mein noodles or hot cooked rice
1 tsp. salt	

Brown the first 4 ingredients in the margarine. Add stock, salt and pepper and bring to boil. Mix cornstarch with small amount of water to form a smooth paste. Add to liquid and stir until smooth. When thickened, add turkey. Stir in soy sauce, then add bean sprouts. Heat thoroughly. Serve over chow mein noodles or hot, cooked rice. Makes 8 servings.

Theresa Rudolph
Wilkes Barre, PA

HAMBURGER CHOW MEIN

1 lb. hamburger, browned	1 can mushrooms
ADD:	6 T. soy sauce
1 can cream of mushroom soup	½ C. celery
1 can chicken with rice soup	½ C. onions
	¾ C. rice
	2 cans water

Mix together and bake at 350° for 1 hour and 15 minutes. Stir intermittently.

Ann Knutson
New Hampton, IA

GOULASH

1½ lbs. hamburger	¾ C. catsup
1 small onion, chopped	1 or 2 small cans mushrooms, optional
1 to 2 C. chopped celery	1½ C. elbow macaroni, uncooked
1 qt. tomato juice (I can my own tomatoes.)	Salt & pepper to taste

Brown hamburger and onions; drain fat if there is a lot. Put in celery, tomato juice, catsup, salt and pepper and simmer for about 15 minutes. Put in mushrooms with liquid and the raw macaroni; simmer until macaroni is done and most liquid is absorbed.

Ms. Rita Buchek
Crystal, MN

Seven days without prayer makes one weak.

HUNGARIAN GOULASH

4 medium onions, chopped	2½ lbs. stew meat
½ C. chopped green pepper	1 beef bouillon cube
2 T. oil	Salt to taste
1 T. paprika (Hungarian if available)	

Cut up onions and green pepper, saute in oil until clear. Take off heat, add paprika, pepper and bouillon, stir. Add meat, stir and return to low heat. If necessary, add water to form broth. Cook 1½ to 2 hours. Thicken with flour to form gravy before serving. Serve over dumplings.

DUMPLINGS:

2⅓ C. sifted flour	1 egg
1 tsp. salt	1 C. water

Bring 2 quarts water and 2 teaspoons salt to boil in large saucepan. While water is coming to boil, mix flour and salt together. Add egg and water, mix until well blended. Drop dough into boiling water by ½ teaspoonsful. Boil about 15 minutes. Drain, place in dish and keep warm in oven. Melt ½ stick of butter or margarine and pour over dumplings before serving. May be served with noodles or rice.

Margaret Wilson
Durham, NC

TALLERINE WITH CHILI POWDER

1 lb. ground beef	1 can cream of mushroom soup
Onion	1 small can tomato sauce
Chili powder	1 can whole kernel corn (drained)
Salt & pepper	Cheddar cheese
Garlic salt	2 C. cooked egg noodles

Brown meat and onion. Mix all together and put in baking dish. Grate cheese on top. Bake in slow oven till hot.

Mary Minden
Charleston, AR

TALLERINE

1 lb. ground beef	1 can black olives, cut in pieces
1 medium onion	
1 clove garlic	2 small cans mushrooms, cut up
1 can tomato sauce	1 can whole kernel corn
1 pkg. small noodles	1½ C. grated cheese
1½ C. hot water	Salt & pepper to taste

In a small amount of oil, cook onion and garlic a few minutes. Add beef and cook until meat is no longer red. Put tomato sauce in hot water. Add noodles. Don't stir until noodles are limp. Add corn, olives and mushrooms. Mix well. Alternate beef and noodle layers along with cheese in a baking dish, ending with cheese. Bake for 45 minutes at 350°. Then turn off oven and let dish remain in oven for 15 minutes.

Mrs. Matiel Dorsey
Vicksburg, MS

LASAGNA

2 lbs. ground beef	1 pkg. spaghetti sauce mix (dry in pkg.)
1½ cloves garlic	1 lb. cottage cheese
1½ T. salad oil	½ lb. Swiss cheese or mozzarella
1 can tomato sauce	½ of 3 oz. can Parmesan cheese
1 small can tomato paste	1 lb. lasagna noodles, cook as on box
2 C. tomatoes (canned)	
Salt and pepper	
1 T. oregano	

Brown meat with oil. Add garlic, seasoning, spaghetti sauce mix. Add tomatoes, tomato paste and tomato sauce. Simmer for 1 hour. Grease casserole dish (13x9"). Put a layer of cooked lasagna noodles. Spread meat sauce over and add cheeses. Then another layer of noodles, meat sauce and cheese. Top with meat sauce and grated cheese. Bake 45 minutes at 350°. Let stand 15 minutes before serving. (Keep casserole covered when baking.) Good with garlic bread and Italian sausage.

Bernice Sala
Norway, MI

LASAGNE WITH DUMPLING NOODLES

1½ lbs. ground beef

½ C. chopped onion

Brown. Chop fine. Bring 1-8 to 10 ounce package dumpling noodles to boil and simmer until tender, approximately 15 to 20 minutes. In 13x11" cake pan, layer noodles (use ½ on bottom layer), ground beef (use ½ on bottom layer), ½ cup shredded Swiss cheese, ½ cup cottage cheese (optional) and ½ cup spaghetti sauce. Repeat above. Bake at 350° for 20 minutes. Serve with sour cream. Serve with Italian bread.

Mrs. Ardis Sullivan
Grand Island, NE

ITALIAN LASAGNA

½ lb. lasagna noodles

1 lb. Italian sausage

½ lb. ground meat (beef)

1 C. chopped onion

2 cloves garlic, minced

2 tsp. sugar

1 T. salt

1½ tsp. basil leaves

½ tsp. fennel seed

¼ tsp. pepper

1-28 oz. can tomatoes,
broken up

2-6 oz. cans tomato paste

1 egg, beaten

1-15 oz. container ricotta
cheese

1 T. dried parsley flakes

½ tsp. salt

1 lb. mozzarella cheese, grated

¾ C. Parmesan cheese, grated

Cook lasagna noodles according to package directions. Drain. Cook Italian sausage and ground beef. Drain off excess fat. Add onion and garlic. Stir and cook 5 minutes. Add next 7 ingredients. Simmer 20 minutes. Combine egg, ricotta, parsley and salt. Grease bottom of a 13x9" baking dish. Spoon some sauce to cover bottom of pan; then layer ⅓ each of the noodles, meat sauce, ricotta mixture; then mozzarella and Parmesan. Repeat layers. Cover with foil. Bake at 375° for 25 minutes. Remove foil and bake, uncovered, for 25 minutes longer. Let stand 10 minutes before serving. Serves 8 to 10.

Sister Jude Henken, P.H.J.C.
Chicago, IL

LASAGNA WITH MUSHROOMS

2 lbs. hamburger, browned drained	½ C. chopped pepper
ADD:	1 tsp. garlic salt
2 tsp. onion	8 oz. can tomato sauce
1-4 oz. can mushrooms	6 oz. can tomato paste
1 tsp. salt	3½ C. water

Mixture will be thin. Simmer 10 minutes. In a 9x13" pan, put 1½ cups of the mixture, then a layer of UNCOOKED lasagna noodles, then another layer of sauce and other layer of noodles, then remaining sauce. Top with ¾ pound mozzarella cheese. Let sit overnight in refrigerator. Cover with foil. Bake 1¼ hours at 350°. Let sit 10 minutes before serving.

Donna Leichtman
New Hampton, IA

LASAGNA WITH EGGS

1½ lbs. ground beef	24 oz. carton small cottage cheese
32 oz. jar spaghetti sauce	16 oz. lasagna noodles, uncooked
2 eggs, beaten	1 lb. (4 C.) grated mozzarella cheese

Brown beef and drain; add spaghetti sauce. Combine beaten eggs and cottage cheese. Into a 9x13" baking dish, spoon ⅓ meat mixture. Cover with a DOUBLE layer of UNCOOKED noodles. Spoon ½ cottage cheese mixture on top of noodles. Cover with ⅓ meat mixture. Add ½ mozzarella cheese on meat mixture. Repeat DOUBLE layer of noodles, remaining cottage cheese, meat and mozzarella cheese. Bake at 350° for 75 minutes. Noodles should be fork tender.

Mrs. Maurice T. Rush
Spring Hill, FL

LASAGNA WITH COTTAGE CHEESE

Approx. 9 lasagna noodles	¼ tsp. pepper
1 lb. ground beef	1 lb. cottage cheese
2-15 oz. cans tomato sauce	2 C. mozzarella cheese, grated
1 tsp. salt	½ C. Parmesan cheese

Brown ground beef, drain. Add tomato sauce and seasonings. Simmer slowly for 20 minutes. Prepare lasagna noodles according to directions on package. Drain. Arrange 1 layer of lasagna in parallel strips in bottom of greased 9x13" baking pan. Top with ⅓ of the meat sauce, ⅓ mozzarella and ⅓ cottage cheese. Repeat layers ending with cottage cheese. Top with Parmesan. Bake in 350° oven for 30 minutes. Let stand 10 minutes before cutting. Serves 6 to 8.

Joann Busta
New Hampton, IA

LASAGNA WITH ONIONS

MAKE SAUCE FROM:

1 lb. ground beef	2 cloves garlic, minced or
¼ C. Mazola oil or olive oil	substitute garlic powder
1 C. chopped onion	

Brown beef in oil. Add onion and garlic and saute.

ADD:

1-16 oz. can whole tomatoes	¼ tsp. oregano
2-6 oz. cans tomato paste	1 T. sugar
2-6 oz. cans tomato sauce	1 tsp. Worcestershire sauce
½ tsp. sweet basil	1-6 oz. can mushrooms

Cook over low heat, simmering for 2 to 3 hours.

FILLING: Grate 1 pound mild brick cheese and 1 pound muenster cheese. Add ½ cup grated Parmesan cheese. Beat 2 eggs, add to cheese. Add pepper and garlic powder to taste. Cook 6 lasagna noodles according to package directions. In a 9x13" pan, place a layer of sauce, next 3 cooked noodles, then a layer of sauce. Repeat with 3 noodles, filling and sauce. Top with grated Parmesan cheese (sprinkle). Bake at 350° for 45 to 55 minutes (until it bubbles up). Remove from oven and cool for ½ hour before serving. (Also can be frozen after cooking, thaw and reheat.)

Carolyn DeDecker
Norway, MI

BOTI KABAB (MEAT DISH)

1 lb. mutton, cut into
bite-size pieces
2 potatoes
2 eggs, beaten
Salt to taste
Bread crumbs

MASALA TO BE GROUND:

1" piece of ginger
4 green chili peppers
4 flakes garlic
Few coriander leaves

Mix mutton with ground masala, salt and place in a pot. Cook until done. Add a little water if necessary. Peel potatoes, cut into cubes. Apply salt and fry them. Take a stick, put one piece of mutton, one piece of potato. Repeat it once again. Dip the stick in beaten eggs, then in bread crumbs. Deep fry until golden brown. Serve hot.

Sister Rosaline, S.Sp.S.
Rajkot, India

MUTTON BIRYANI (MUTTON WITH RICE)

1 lb. mutton
1 lb. potatoes
3 onions
1½ C. curds
1½ C. rice
4 peppercorns
½ tsp. cumin seeds

12 red chili peppers, ground
with 1 tsp. turmeric powder
7 flakes garlic
2" piece of ginger
8 cloves
8 cinnamon
8 cardamon
Butter, oil and salt

Wash the mutton. Clean and cut into small pieces. Add ground ginger, garlic, 2 chopped onions, peppercorns, cloves, cinnamon, cardamon, 1 tablespoon butter and salt to taste. Put in the cooker and boil until tender. Peel the potatoes. Cut into pieces and deep fry to a golden color. Slice the remaining onion. Using some of the same oil, fry the sliced onions until golden brown. When done, cool and crush. Boil the rice in salt water. When tender, remove and keep it aside. Add beaten curds to the cooked mutton mixture. Heat a little oil and fry the red chili peppers with the turmeric powder. Then add crushed onions and mix well. Add this to mutton mixture. Cook for a while. Grease a cooking pan, put the mutton mixture, fried potatoes and rice on top. Heat 2 tablespoons of oil, add ½ teaspoon cumin seeds. when it splutters, pour over the rice. Steam for 15 to 20 minutes.

Sr. Grace Regina, S.Sp.S.
Gujarat, India

HOT FRANKFURTER SALAD ROLLS

- | | |
|---|-----------------------------|
| 1 lb. franks, cut crosswise
in ¼" cubes | ¼ C. minced onions |
| ½ lb. sharp Cheddar
cheese, cut into ½"
cubes | ⅓ C. chopped stuffed olives |
| | ¼ C. chili sauce |
| | ¼ C. mayonnaise |
| | 10 frankfurter buns, split |

Combine first 6 ingredients and mix thoroughly. Fill buns with about ⅓ cup mixture. Wrap each bun in heavy-duty foil, twisting ends tightly. Store in refrigerator until ready to use. Can also be frozen. To cook, place wrapped buns on a grill for 15 to 20 minutes. Unwrap to serve. Or place in a 250° oven for 30 to 35 minutes.

Katherine Vande Creek
Waukegan, IL

GRILLED HAWAIIAN SANDWICH

- | | |
|---|-------------------------|
| 1-8½ oz. can sliced
pineapple in syrup | 8 slices French bread |
| 1 egg, slightly beaten | Parmesan cheese |
| ¼ C. milk | 4 slices Swiss cheese |
| 1 T. chopped green onion | 4 slices baked ham |
| 1 T. Dijon mustard | 4 slices Cheddar cheese |
| 1 tsp. caraway seeds | Butter |

Drain pineapple. Combine egg, milk, onion, mustard and caraway seeds. Dip one side of bread in egg mixture, then in Parmesan cheese. Top undipped side with slice of Swiss cheese, ham, pineapple slice, Cheddar cheese and bread with dipped side up. In skillet, brown in butter on both sides. Remove to baking sheet. Bake 5 to 8 minutes at 425° F.

Sr. Julianne Dickinson, S.Sp.S.
Techny, IL

PIZZA ON ENGLISH MUFFINS

Split muffins and put on greased baking sheet. Make your own pizza sauce, or use from can. Put pizza sauce on English muffins, top with either sausage, mushrooms or ground beef which has been browned in oven, or any of your favorite toppings. Cover with shredded mozzarella cheese and add some shredded American cheese. Bake at 425° until cheese melts and is golden brown. Everybody loves them.

S.Sp.S. Sisters
Techny, Convent Kitchen

FINGER LICKING HUNGARIAN RIBS

2 T. paprika	$\frac{3}{4}$ C. catsup
$\frac{1}{2}$ tsp. salt	$\frac{3}{4}$ C. water
$\frac{1}{4}$ tsp. pepper	3 T. white vinegar
2 lbs. spareribs	3 T. Worcestershire sauce
2 large onions, sliced thinly	

Preheat oven to 350°. In small bowl, combine paprika, salt and pepper. Rub seasoning evenly over ribs. Place ribs in single layer in shallow baking pan and top with sliced onions. Cover and bake 1 hour. Meanwhile, in small bowl, combine catsup, water and vinegar and Worcestershire sauce. Remove ribs from oven and drain fat from pan. Pour sauce over ribs and bake ribs, uncovered, 1 hour longer, turning and basting the ribs often.

Eileen Burke
LaGrange, IL

MONGOLIAN LAMB CHOPS

4-1" center cut lamb chops, with bone	$\frac{1}{2}$ C. white wine
GLAZE:	2 tsp. teriyaki sauce
2 C. apricot preserves	$\frac{1}{8}$ tsp. cayenne pepper
$\frac{1}{4}$ C. lemon juice	Salt and pepper

In saucepan, combine preserves, lemon juice, wine, teriyaki sauce, cayenne pepper, salt and pepper. Stir until blended. Cook until reduced to a glaze texture. Broil lamb chops until done. Dip in glaze. Serve with wild rice and prunes sauteed in brandy - or snow peas. Serves 4.

Sr. Julianne Dickinson, S.Sp.S.
Techny, IL

STIR-FRIED LIVER

1 lb. beef liver, ½" thick	2 T. oil
2 T. flour	2 T. soy sauce
Salt & pepper	2 medium onions

Cut liver into ¼" strips. Coat with flour. Brown liver in hot oil for 3 minutes or until brown, stirring frequently. Add onions and soy sauce. Reduce heat to low, cover and simmer about 10 minutes or until onions are tender crisp. Stir occasionally. Makes 4 servings.

Eleanor Dunn
Mountainhome, AR

SAUCY MANICOTTI

8 oz. uncooked manicotti shells	½ C. grated Parmesan cheese
½ lb. Italian sausage	16 oz. jar prepared spaghetti sauce
½ C. chopped onion	WHITE SAUCE:
4 oz. jar mushroom pieces, drained	2 T. margarine
1½ C. finely chopped, cooked turkey or chicken	2 T. flour
2 egg yolks	1½ C. whipping cream
9 oz. pkg. chopped frozen spinach, thawed, squeeze to drain	⅓ C. grated Parmesan cheese
1 C. shredded mozzarella cheese	Dash of garlic powder
	Dash of nutmeg

Cook manicotti shells per package directions. Drain. Place in cold water. Heat oven to 350°. If sausage comes in casing, remove casing. In large skillet, brown sausage, onion and mushrooms, breaking sausage into small pieces. Remove from skillet; drain on paper towel. In large bowl, combine sausage mixture, chicken or turkey, egg yolks, spinach, mozzarella and ½ cup Parmesan cheese; mix well. Drain manicotti. Fill shells with sausage mixture. Pour half of spaghetti sauce in 13x9" pan. Place shells side by side in dish. In medium saucepan, melt margarine. Stir in flour; cook until smooth and bubbly, stirring constantly. Gradually stir in whipping cream; cook until slightly thickened, stirring constantly. Stir in ⅓ cup Parmesan cheese, garlic powder and nutmeg; blend well. Pour white sauce over shells in baking dish. Pour remaining spaghetti sauce over top. Bake at 350° for 35 to 40 minutes or until bubbly. Makes 8 to 10 servings.

Pat Austin
New Hampton, IA

MEXICAN MUFFIN DIVAN

- | | |
|--------------------------------|--|
| 2 C. chopped, cooked chicken | 2 T. chopped green chilies |
| 1 C. mushroom slices | 3 English muffins, split, toasted |
| $\frac{1}{3}$ C. picante sauce | 1 C. chopped, cooked broccoli |
| $\frac{1}{4}$ C. mayonnaise | 6 extra-thick slices pasteurized process cheese spread, cut in half diagonally |
| 2 T. green onion slices | |

Combine chicken, mushrooms, picante sauce, mayonnaise, onions and chilies; mix lightly. Top muffin halves with chicken mixture and broccoli. Place on ungreased cookie sheet. Bake at 350° for 10 minutes. Top with process cheese spread; continue baking until process cheese spread begins to melt.

Sr. M. Rosaria Martello, RSM
Vicksburg, MS

QUICK SUPPER HOT SANDWICH

- | | |
|-------------------|------------------------------|
| 1 lb. ground beef | 1 small can mushroom pieces |
| 2 small onions | 1 large tomato |
| 1 large pepper | 1 C. shredded Cheddar cheese |

Fry meat till pink disappears; drain off grease. Add chopped vegetables. Simmer until vegetables are cooked. Add cheese and stir through. Serve on warm rolls.

Alice Link
Patton, PA

CREOLE BURGERS

- | | |
|-------------------------------------|-----------------------|
| 1 lb. ground beef | 2 T. ketchup |
| $\frac{1}{2}$ C. chopped onion | 1 T. prepared mustard |
| 1 can Campbell's chicken gumbo soup | Dash of pepper |
| | 6 hamburger buns |

Brown ground beef and onions. Add soup and seasonings. Simmer 5 to 10 minutes, stirring once or twice. Serve on toasted buns.

Terry Spreda
Stevens Point, WI

PIZZA

- | | |
|-------------------------|-------------------------------|
| 1 pkg. active dry yeast | 1 lb. each mozzarella, |
| 1 tsp. sugar | muenster, process Swiss or |
| 1 C. warm water | American cheese |
| 3 C. flour | 1 good-size onion |
| ½ tsp. salt | 1 lb. fresh sausage or salami |
| 2 T. salad oil | 1 small can tomatoes |
| | 1 can pizza sauce |

Dissolve yeast and sugar in warm water (not hot). Beat in half the flour; add salt, oil and remaining flour. Mix well; knead until smooth, adding more flour if needed. Place in lightly-oiled bowl; turn dough to oil. Cover; let rise in warm place (85 to 90°) until double). Divide dough in half; roll each half into circle 13" in diameter. Place on oiled pizza pan; fold edge under and build up rim slightly. (Or bake on oiled baking sheet in 2-8x12" rectangles, building up dough edges.) Brush well with oil. On each circle of dough, sprinkle the shredded cheese, onions, sausage, tomatoes and oregano.

Before I put any of the ingredients on the dough, I sprinkle it generously with Parmesan cheese. Bake in very hot oven (450° F.) for 20 to 25 minutes (or until crusty on bottom). Serve hot.

Sister Mary Isabelle Waker, S.N.D. de Namur
Cincinnati, OH

CRESCENT ROLL PIZZA

- | | |
|----------------------------|----------------------------|
| 2-8 oz. pkgs. cream cheese | 1 env. Hidden Valley ranch |
| ¾ C. Miracle Whip dressing | 2 tubes crescent rolls |

Spread crescent roll on baking sheet, don't stretch. Bake at 350° for 7 to 8 minutes. Cool. Mix cream cheese, Miracle Whip and Hidden Valley. Spread on cooled crust: chopped celery, onions, diced tomatoes, shredded lettuce, radishes and cauliflower. Top vegetables with grated American cheese.

Delores Richter
New Hampton, IA

VEGETABLE PIZZA

2 containers refrigerator
crescent rolls
12 oz. cream cheese,
softened
1 C. mayonnaise
1½ tsp. dill weed
1 tsp. onion salt
1 tsp. garlic salt (optional)

Assorted finely chopped
vegetables, such as: carrots,
broccoli, cauliflower, onions,
ripe olives, green or stuffed
olives, shredded lettuce,
peppers, celery and
shredded cheese

Can use as many vegetables as you like. Spread crescent rolls on large pizza pan, pinching seams together. Bake 10 minutes or till lightly browned at 400°, cool. Whip together mayonnaise and cream cheese. Blend in dill weed, onion and garlic salt. Spread over cooled crust. Layer finely chopped vegetables of choice over cream cheese mixture. Top with shredded cheese.

Ruth Bernatz
New Hampton, IA

CHINESE PIZZA

Chop 3 onions fine and set aside. For dough, mix 5 cups flour with water till it forms a ball. Stand 10 minutes, covered with damp cloth. Knead 10 minutes till smooth and elastic. Roll dough as for regular pizza. Spread with butter. Sprinkle with onions and salt. Roll up, starting with the long end as for jellyroll. Seal. Now roll like a doughnut shape and roll flat with a rolling pin, fairly thin. Fry in frying pan with bottom covered with oil. Turn when brown and brown other side. Cut in wedges and serve. Serves 12. Variations: Use scrambled eggs with onions, peanut butter with brown sugar, etc. Any combination you desire.

Sr. Arnolda Chang, S.Sp.S.
Norway, MI

BEEF AND SPINACH SUPREME

1 lb. ground beef	1 tsp. oregano
1 T. onion (minced)	1 tsp. salt
	½ tsp. pepper

Cook above ingredients in skillet and drain.

ADD:

1 can cream of mushroom soup or celery soup	½ C. Minute rice (uncooked)
1 C. sour cream	1-10 oz. pkg. frozen spinach, cooked and drained

Pour into baking dish. Add grated cheese or sliced cheese on top.
Bake at 350° for 15 to 20 minutes.

Mrs. Joseph Beck
Dayton, OH

GROUNDNUT SOUP

2 lbs. stew beef or chicken	1 pkg. frozen okra
3 qts. water	Salt
1½ to 2 C. peanut butter	Red pepper
2 medium tomatoes	1 medium onion

Boil the meat in 3 quarts of water until a bit tender. Add peanut butter which has been dissolved in water. Cook for about 2 hours. Add tomatoes and onions (blended) and okra. Salt and pepper to taste. Cook for another ½ hour or until red oil from the peanut butter comes to the top. Serve with hot rice.

Sister Annette Schambureck, S.Sp.S.
Ghana, Africa

SKILLET GUMBO

- | | |
|---|--|
| 2 C. diced, cooked ham | 1-14½ to 16 oz. can tomatoes |
| 1 C. each: chopped green peppers and onions | 1 C. chicken broth |
| 1-10 oz. pkg. frozen, cut okra | 1 tsp. salt |
| | 1/8 tsp. ground red pepper (less if desired) |
| | 1 C. uncooked rice |

Combine all ingredients except rice in a heavy, large skillet. Bring to a boil. Cover and simmer for 10 minutes. Stir in rice. Replace lid and simmer 20 minutes or until rice is tender. Adjust seasonings, if necessary.

Sr. Dolores Marie Kuhl, S.Sp.S.
Greenville, MS

VEGETABLES WITH KIELBASA

- | | |
|---|--------------------------------------|
| 1 T. oil | 3 medium carrots, cut into 1" pieces |
| 1 large onion, sliced | 6 small potatoes, peeled and halved |
| 1 clove garlic, crushed | 2 C. apple juice |
| 1 (1½ lbs.) kielbasa sausage, cut into 1½" chunks | 2 ears corn on the cob |
| ½ tsp. caraway seed | 1 small head cabbage |
| 1 tsp. dried basil leaves | 2 T. flour |
| 1 tsp. salt | ¼ C. water |

Heat oil in 5-quart Dutch oven. Saute onion, garlic and kielbasa about 5 minutes until brown. Add caraway seed, basil, salt, carrot, potatoes and apple juice. Bring to boil, lower heat and simmer, covered, for 20 minutes. Cut corn in half, cut cabbage in 8 wedges and add both to Dutch oven. Cook 10 to 15 minutes or until vegetables are tender. Stir flour into water until smooth. Stir into stew and cook until thickened, stirring constantly. Serve in tureen or serving dishes.

Margaret Wilson
Durham, NC

SHEPHERD'S PIE

- | | |
|---|---------------------------------------|
| 1 lb. ground lamb,
traditionally English or | 2 bouillon cubes (chicken or
beef) |
| 1 lb. ground beef or 1 lb.
ground turkey, lowfat & | 2 C. hot water |
| very tasty | Salt and pepper |
| 2 medium onions | 1 to 1½ lbs. potatoes |
| 3 T. flour | 2 T. butter |
| | ½ C. milk |

Peel and chop onions. Peel potatoes and boil until tender, fry meat until brown. Remove meat and fry onions in remaining fat. Return meat and sprinkle with flour. Stir together. Add bouillon dissolved in water, bring to a boil, cooking until thickened. Check seasoning. Transfer into shallow baking dish. Drain potatoes, mash together with seasoning, milk and butter. Spread potatoes on top of meat. Decorate by roughing with a fork. Broil until top is brown or bake 30 minutes at 400° until brown. Serve with any vegetables or salad. Can easily be made ahead and then baked.

Mrs. Jane Dudas
Erie, PA

ENCHILADAS

- | | |
|---|---|
| Soft flour tortillas (about 9") | 1 pkg. taco seasoning mix |
| 2 cans enchilada sauce
(1 hot, 1 mild) | 2 onions, chopped |
| 2 lbs. hamburger | 1 can refried beans |
| | 1 block sharp Cheddar cheese,
grated |
| | Cooking oil |

Fry hamburger with taco seasoning. Mix 2 cans of enchilada sauce in a bowl. Heat oil in skillet. Put a tortilla in hot oil in skillet. When tortilla bubbles, flip it over. Then flip into enchilada sauce. Cover tortilla well with sauce. Put on platter. Fill with meat, onions, cheese and refried beans. Roll up. Put some enchilada sauce in the bottom of a 9x12" pan. Lay enchiladas in pan in row. When pan is full, pour the rest of the enchilada sauce over the enchiladas. Sprinkle the cheese over the top of all. Bake at 350° until heated through and the cheese is melting.

These can be frozen and then baked without defrosting.

Linda Tiemessen
New Hampton, IA

GOLABKI (STUFFED CABBAGE)

½ C. raw, long grain white rice	1½ lbs. ground beef
1 large head green cabbage	¾ lb. ground pork
¼ C. margarine	1 large raw egg
½ C. chopped onion	2 tsp. salt
½ C. chopped green pepper	1 tsp. pepper
½ C. chopped celery	1 tsp. garlic powder
	2-10¾ oz. cans Campbell's tomato soup

Cook rice according to package directions. In a large kettle, add enough water to cover cabbage, bring water only to boil. Add cabbage and simmer about 5 minutes to soften leaves. Remove and cut leaves from core, each leaf should be soft enough for easy roll up. If inner leaves need more softening, return to boiling water until softened. Preheat oven to 350°. Melt margarine in a frying pan; add onion, green pepper and celery and saute until tender, not browned. In a large bowl, combine ground beef, ground pork, sauteed onion, green pepper and celery. Add 1 large raw egg, 1½ cups cooked rice and seasonings, salt, pepper and garlic powder. Mix all ingredients until evenly blended. Divide meat filling between cabbage leaves. Place filling on thick end of cabbage leaf, fold sides of leaf, then roll up from thick end. Arrange roll-ups seam side down in a roasting pan. In a bowl or pitcher, add 2 cans of Campbell's tomato soup with 1½ cups cool water, mix thoroughly so evenly blended. Pour tomato soup mixture over cabbage rolls. Cover and bake in a 350° oven for 1½ hours. Serves 6 to 8. Roll-ups can also be frozen for future use.

Jane Holda
Mt. Prospect, IL

Service is like rent we pay to God.

SPAGHETTI PIE

6 oz. thin spaghetti	1 C. cottage cheese
2 T. butter	Large jar prepared spaghetti sauce with meat
1/3 C. Parmesan cheese, grated	1/2 C. shredded mozzarella cheese
2 eggs, well beaten	

Cook spaghetti according to package directions. Stir butter into hot spaghetti. Stir in Parmesan cheese and well-beaten eggs. Form spaghetti mixture into a "crust" in a buttered 10" pie plate. Spread cottage cheese over bottom of "crust". Add spaghetti sauce and bake uncovered for 20 minutes in a 350° oven. Remove and sprinkle mozzarella cheese on top. Bake 5 minutes longer or until cheese melts. Slice and serve.

Vince and Sue Morrissey
New Hampton, IA

ITALIAN SPAGHETTI AND MEATBALLS

SAUCE:

2 cloves garlic, minced
1 large onion, chopped
3 T. olive oil
1-6 oz. can tomato paste
1-8 oz. can tomato sauce
1-16 oz. can tomatoes
2 tsp. sugar
2 C. water
1 tsp. salt
1/4 tsp. basil (optional)

MEATBALLS:

1 1/2 lbs. ground chuck
1 clove garlic, minced
1/2 C. bread crumbs
1 egg
1/4 C. Romano cheese, grated
1/2 tsp. salt
Pepper
2 T. fresh parsley
Cooked spaghetti

SAUCE: In large saucepan, cook garlic and onion in oil until golden brown. Add remaining ingredients. Cover and simmer gently for 2 to 3 hours.

MEATBALLS: Combine all ingredients. Shape into balls and brown in hot skillet. Drain off fat. Add meatballs to sauce and simmer 30 minutes longer. Serve over spaghetti. Serves 6 to 8.

Mrs. Alice Correro
Waukegan, IL

SPAGHETTI A LA CARBONNARA

Vermicelli (enough for 2)
1/3 C. Romano cheese (buy
wedge and grate very
fine, as needed)
2 egg whites, whipped stiff

1/3 C. minced fresh parsley
6 strips bacon, cooked slowly
till crisp, then crumble
1 T. butter
Freshly ground black pepper
Salt

Boil vermicelli according to directions. Drain vermicelli and mix in butter. Add parsley and bacon crumbles. Add salt and grind pepper in (don't be afraid of pepper). Fold in stiff egg whites. Fold in cheese. Serve immediately.

Joan Margaret Nieses
Northfield, IL

SPANISH SPAGHETTI

1/2 lb. spaghetti
1/2 lb. bacon
3 tsp. bacon grease
1-#303 can tomatoes

1 cubed medium onion
1/2 lb. Cheddar cheese
Salt and pepper to taste

Cook spaghetti in boiling water. Fry 1/2 pound bacon, cut up in small pieces. Heat the tomatoes until hot (broken up). Put raw onion in casserole, add bacon pieces and 3 teaspoons bacon grease, hot tomatoes, salt and pepper and 1/2 of the cheese; mix well. Add drained, but not rinsed spaghetti and mix again. Top with the rest of the cheese. Bake at 350° until set and cheese is melted in 1 1/2-quart casserole.

Mary Ann Campbell
Iron Mountain, MI

ITALIAN SPAGHETTI SAUCE

2 lbs. pork (roast, ribs or chops)	1 large can tomato paste
2 T. oil	1 T. sugar
2 cloves garlic	2 T. basil
1 medium onion	½ tsp. cloves
3-29 oz. cans tomato sauce	2 tsp. cinnamon
	Salt & pepper as desired

Place oil in 4-quart heavy saucepan. Saute onion and minced garlic till onion is soft. Add pork and brown on both sides. Add sauce, paste and spices. Refill one sauce can with water. Add to sauce mixture. Bring to boil. Turn to a low simmer for 3 to 4 hours. Serve over spaghetti or rigatoni.

Kathy Bills
Girard, PA

TASTY SPAGHETTI SAUCE

2 lbs. lean ground beef	Seasoned salt, oregano,
2 long strips of celery	catsup, mustard, brown
½ medium-sized onion	sugar, garlic powder, pepper
½ green pepper	(small can of mushrooms, if desired)
	1-8 oz. can tomato sauce
	1-4 to 6 oz. can tomato paste

Cut or chop celery strips, onion and pepper into sizes desired (thin slices, chopped). Put ground beef, celery, onion and pepper into frying pan. Sprinkle with salt, pepper and garlic powder. Cook until meat is brown, stirring regularly. Pour in tomato sauce and tomato paste; mix well. Add catsup (about 2 tablespoonfuls) and mustard (about 2 teaspoonfuls) and mix. Add dash of oregano, mushrooms (if desired), brown sugar (a dash). Simmer, stirring occasionally. Sauce is ready when you are. (Season to taste.)

If time is of an essence or celery, onion and pepper are not available, substitute celery salt, onion powder, dried pepper pieces - whatever suits your taste.

Sr. Judith Vallimont, S.Sp.S.
Los Angeles, CA

SPANISH RICE WITH VEGETABLE JUICE

3 slices bacon	3 C. "V-8" vegetable juice
1 C. regular (uncooked) rice	1/3 C. chopped green pepper
1/2 C. chopped onion	

In a skillet, cook 3 slices of bacon until crisp. Remove bacon and crumble. In drippings over heat, cook 1 cup rice and 1/2 cup chopped onion until rice is browned and onions are soft, stirring constantly. Add 3 cups "V-8" juice and green pepper. Reduce heat to low. Cover. Simmer 20 minutes or until rice is tender and liquid is absorbed, stirring often. Garnish with bacon.

Sr. Benna Henken, S.Sp.S.
Techny, IL

SPANISH RICE

1 lb. hamburger	1/8 tsp. oregano
1 small onion	1 can tomatoes or 2 C.
1 tsp. salt	2 T. sugar
1/8 tsp. pepper	1 C. cooked rice

Brown the hamburger and onion and drain off excess fat. Mix all together and put in a well-greased baking dish and bake 20 to 30 minutes.

Mrs. Joe Kolbet
New Hampton, IA

QUICHE WITH BROCCOLI

12 slices crumbled bacon	1 small box frozen, chopped
1 C. shredded Swiss cheese	broccoli (thawed & drained)
1/2 C. chopped onion	

Toss together and sprinkle into deep dish pie crust.

4 eggs	3/4 tsp. salt
2 C. half and half	1/4 tsp. pepper

Pour egg mixture over ingredients in crust. Bake at 425° for 15 minutes, then 300° for 35 minutes.

Cathy Spreda
Stevens Point, WI

QUICHE LORRAINE

¼ lb. slab bacon, cut into
¼" dice, cooked crisp
and drained
1-9" unbaked pie shell

½ C. Gruyere cheese, grated
5 eggs
2 C. whipping cream
Salt and freshly ground pepper
to taste

Preheat oven to 300° F. Sprinkle bacon over pie shell and top with cheese. Combine eggs and cream in medium bowl and whisk until well blended. Mix in seasoning. Pour over cheese. Bake until lightly browned, about 1 hour. Cut into wedges. Serve with tossed salad and French bread. Serves 6.

Whelma Guimond
Waukegan, IL

QUICHE (MICROWAVE)

12 slices bacon, cooked &
crumbled
1 C. shredded Swiss cheese
½ C. shredded colby
cheese

4 eggs
1¾ C. milk
½ C. Bisquick
½ tsp. herb salt
Pinch of pepper

VARIATION:

½ to ¾ C. diced ham
1 C. shredded American
cheese

½ C. shredded Velveeta
cheese

Place crumbled bacon and shredded cheeses in the bottom of a 9 to 10" pie plate. In a mixing bowl, mix the eggs, milk, Bisquick, salt and pepper for 1 minute. Pour over meat and cheeses. Microwave on high for 14 minutes, turning after 7 minutes.

Vicky Hirsh
New Hampton, IA

OMELET WITH BEAN SPROUTS AND BACON

6 eggs	1 T. soy sauce
1 C. bean sprouts	¼ C. onion
½ tsp. salt	3 slices bacon (fried)

Beat eggs. Add blanched bean sprouts, then season with salt. Brown onions and bacon. Mix the above together. Heat oil very hot. Add mixture; stir in quickly a few times, but do not scramble. Lightly brown mixture on both sides. Makes 6 servings.

Sr. Arnolda Chang, S.Sp.S.
Norway, MI

CHINESE OMELET

1 C. rice	7 eggs
2 C. water	¾ lb. American cheese,
1½ tsp. salt	shredded
3¼ C. milk	1 tsp. salt

Steam rice, water and salt for 30 minutes. Add 2 cups milk to steamed rice and let cool. Beat eggs; add cheese, salt and remaining milk. Combine all ingredients and pour into greased pan. Bake for about 1 hour at 350°. Makes 12 to 15 servings.

Sister Marie Agnes Petersman, S.Sp.S.
Techny, IL

You are only young once. After that, it takes another excuse.

HASHED BROWN OMELET

3 medium potatoes (or 3 C. cooked packaged hash brown potatoes)	$\frac{3}{4}$ tsp. salt
4 slices bacon	4 beaten eggs
$\frac{1}{4}$ C. chopped onion	$\frac{1}{4}$ C. milk
$\frac{1}{4}$ C. chopped green pepper	$\frac{1}{4}$ tsp. dried thyme, crushed
	1 C. shredded Swiss cheese

In a covered saucepan, cook whole potatoes in enough boiling, salted water to cover for 20 to 25 minutes or till almost tender. Drain and chill till cool enough to handle. Peel potatoes. Shred to make 3 cups. In a 10" skillet, cook bacon till crisp, drain, reserving 2 tablespoons drippings in skillet. Crumble bacon, set aside. Combine potatoes, onion, green pepper and $\frac{1}{2}$ teaspoon of the salt; pat into skillet. Cook over low heat about 20 minutes or till underside is crisp and brown. Combine eggs, milk, thyme, the remaining $\frac{1}{4}$ teaspoon salt and dash of pepper. Stir in bacon and cheese; pour over potatoes. Cover; cook over low heat for 8 to 10 minutes or till surface is set, but still shiny. Loosen edges of omelet; cut into wedges. Serves 4.

Cathy Zapolski
Erie, PA

BILL YESTER'S OVEN SOUFFLE

10 slices white bread	1 tsp. salt
6 eggs	2 C. shredded sharp cheese
3 C. milk	3 T. finely chopped onion
2 T. fresh (or dried) parsley	(dried can be used)
1 tsp. dry mustard	

Heat oven to 325°. Cut bread into small cubes. Beat eggs, milk and seasonings with rotary beater. Stir in bread cubes, cheese and onion. Pour into ungreased baking dish (11½ x 7½ x 1½"). Bake uncovered 1 hour or until center is set. Serve immediately. Variation: Add 2 cups dried ham or cooked shrimp.

Bill Yester
Pittsburg, PA

CHEESE SOUFFLE

¼ C. butter	½ lb. American cheese,
¼ C. flour	shredded
½ tsp. salt	5 well-beaten egg yolks
1 C. milk	5 egg whites, beaten stiffly

Make cream sauce; add American cheese. Stir until cheese is dissolved. Beat egg yolks and fold into cream cheese sauce. Beat egg whites until stiff. Fold into cheese sauce. Bake in ungreased pan. Bake slowly at 325° for 1¼ hours. Makes 6 servings.

Sister Marie Agnes Petersman, S.Sp.S.
Techny, IL

SCRAMBLED EGGS (INDIAN STYLE)

4 eggs, well beaten	1 green chili pepper, finely
1 small onion, chopped	sliced
1 small tomato, finely diced	3 T. butter
	Salt & pepper to taste

Melt butter in pan over medium heat. Add onions and stir until they begin to brown slightly. Add tomato and green pepper and cook, stirring, for 3 to 4 minutes. Pour the eggs, sprinkle salt and pepper. Lightly stir, stop cooking when desired consistency has been achieved. Serve with toast, hot chapatis or pooris.

Sr. Metilda George, S.Sp.S.
Bombay, India

Convenience foods are handy
And I use them now with ease
But for special times I still rely
On favorite recipes.

EGG AND SAUSAGE BRUNCH

1-6 oz. pkg. flavored
croutons
4 to 5 eggs
2½ C. milk
1 can cream of mushroom
soup

¾ tsp. dry mustard
2 lbs. pork sausage (crumbled
& browned)
2½ C. grated Cheddar cheese

Sprinkle croutons in bottom of greased 9x13" pan. Mix eggs (beaten slightly), milk and mushroom soup and pour over croutons. Spread sausage over soup and crouton mixture. Sprinkle shredded cheese on top. Refrigerate overnight or for several hours. Bake for 30 minutes at 350° with cover on, then at 325° for another 30 minutes, uncovered.

Peggy Tentis
Elgin, MN

PILLE KUCHEN

6 medium-size potatoes
1 medium onion
6 eggs

Salt to taste
½ C. milk
Cooking oil

Peel and cut potatoes like short French fries. Brown potatoes in oil, cover and cook over low heat to complete cooking. In another small skillet, brown the onion and salt to taste. When the potatoes have reached the desired state of doneness, add the onions. Beat the eggs slightly and add the milk, mixing together. Pour the egg and milk mixture over the potatoes in the pan. Do not stir, but gently allow the egg mixture to filter between the potatoes. Keep on the heat for just a few minutes until the eggs are cooked slightly. With a spatula, slide the Pille Kuchen onto a platter and serve!

Sr. Maria Fischer, S.Sp.S.
Techy, IL

CURRIED EGGS IN SHRIMP SAUCE

8 hard-cooked eggs	1 can frozen cream of shrimp
1/3 C. mayonnaise	soup (I use creamed
1/2 tsp. paprika	mushroom soup.)
1/2 tsp. salt	1/4 C. milk
1/2 tsp. curry powder	1/2 C. Cheddar cheese
1/4 tsp. dry mustard	1 C. soft buttered bread
2 T. butter	crumbs
2 T. flour	

Cut eggs lengthwise; mash yolks. Mix yolks with next 5 ingredients; stuff yolk mixture in whites. Arrange in 6x10" baking dish. Melt butter, blend in flour, soup and milk. Add cheese; stir until melted. Pour sauce over eggs. Sprinkle with crumbs. Bake at 350° for 15 to 20 minutes. Serves 4.

S.Sp.S. Sisters
Techny, Convent Kitchen

GERMAN NOODLE BAKE

8 oz. wide noodles	1 tsp. caraway seed
1/8 lb. butter	2 C. cottage cheese
1/2 C. minced onion	2 C. sour cream
1/2 C. minced celery	1 C. shredded brick cheese
1/2 tsp. salt	3 eggs, beaten
1/4 tsp. pepper	1/2 tsp. salt

Cook noodles and drain. Saute onion and celery in butter. Add salt, pepper and caraway seed. Arrange 1/2 of noodles in bottom of 2-quart buttered casserole. Spoon 1/2 of vegetables over noodles. Spread 1/2 of the cottage cheese and sour cream. Repeat second layer with remainder of noodles, vegetables, cheese and sour cream. Spread shredded brick cheese on top. Pour salted, beaten eggs over shredded cheese. Bake in 325° oven for 1 hour or until done. Let stand 10 minutes before serving.

Tess Nowaczyk
Northbrook, IL

CALABASITAS

3 T. butter or oleo	1-16 oz. can whole kernel corn
5 medium-size calabasitas (zucchini)	1 C. grated Cheddar cheese

Saute zucchini and onions in butter or oleo. Add corn. Cover and simmer till done, about 8 minutes. Stir in cheese.

Nellie Sanders
Phoenix, AZ

BEST POTATO PANCAKES

4 C. grated potatoes (well drained)	2½ tsp. salt*
½ to ¾ C. grated onion or medium-size onion, diced	1 tsp. nutmeg*
	6 eggs

Combine egg yolks, salt, nutmeg, onions and potatoes. Add or fold in beaten egg whites. Fry with Crisco. When pancake gets a crisp edge or bubbles through, turn cake and brown on other side. Makes approximately 24 cakes. Serve with hot applesauce.

*Salt and nutmeg as desired. Cinnamon can be added.

Sister Trinette Paltzer, S.Sp.S.
New Hampton, IA

“Too little to save,
Too much to dump,
That’s what makes
The housewife plump.”

POTATO PANCAKES

Heat $\frac{1}{4}$ " of shortening in a heavy skillet over low heat. Mix together and set aside:

2 T. flour	$\frac{1}{4}$ tsp. baking powder
$1\frac{1}{2}$ tsp. salt	$\frac{1}{8}$ tsp. pepper

Wash, pare and finely grate 6 medium-size (about 2 pounds) potatoes (about 3 cups, grated). Set grated potatoes aside. Blend the dry ingredients into a mixture of 2 eggs, well beaten and 1 teaspoon grated onion. Pat the grated potatoes dry with absorbent paper and add potatoes to egg mixture. Mix thoroughly. When shortening is hot, but not smoking, begin cooking. Using about 2 tablespoons for each pancake, spoon batter onto skillet, leaving at least 1" between cakes. Cook over medium heat until golden brown and crisp on one side. Turn pancakes only once and brown second side. If desired, serve with hot Rosy Pink Applesauce.

Sister Helen Marie Beck, S.N.D. de N.
Cincinnati, OH

SCHWABISCHE SPATZLE (TINY DUMPLINGS)

2 eggs, slightly beaten	1 tsp. salt
1 C. water	3 C. flour

Combine eggs, water, salt and flour. Beat until dough is thick and smooth. Add more flour, if necessary. In a large saucepan, bring 2 to 3 quarts of salted water to a boil. Place $\frac{1}{3}$ of the dough on a small, wet chopping board. With a sharp knife, cut thin strips ($\frac{3}{4} \times 2\frac{1}{2}$ ") one at a time, slipping off board directly into boiling water. Repeat until all dough is used. Do not crowd in boiling water. Dumplings are done when they float. Remove from boiling water. Rinse with hot water and keep warm. Serve with meat and gravy. Makes 4 to 6 servings.

Anne Seidler
Mt. Prospect, IL

HALF FINGER-SIZE DUMPLINGS

1 C. cold mashed potatoes	2 qts. water
1 C. flour	Salt
1 egg	Melted butter
½ tsp. salt	3 T. bread crumbs

Mix potatoes, flour, egg and salt. Bring water to a boil and add salt. Pinch off small pieces of the potato mixture and roll between hands to form small fingers. Drop fingers into boiling water and boil 10 minutes. Drain. Toss with melted butter and then top with bread crumbs.

Mary Sublewski
Oak Lawn, IL

PIROKY (POLISH)

2 C. flour	1 egg
½ tsp. salt	

Mix flour, egg and salt. Add enough water to make soft dough. Knead until dough is soft. Roll out and cut in circles. Place filling on each. Fold in half, pinch edges to close well. Drop in boiling water until piroky comes to top, about 5 minutes.

POTATO AND CHEESE FILLING: Mash 8 cooked potatoes. Add butter, little salt and pepper, ½ pound dry cottage cheese and mix.

Gert Kabachinski
Menomonee Falls, WI

PIEROGI

3 C. flour
¼ tsp. salt
4 egg yolks

1½ C. sour cream
2 to 4 T. butter for cooking

1. Sift flour and salt into a bowl. Make a well in the center and add the yolks and sour cream. Knead just until blended in.
2. Flour a pastry board or cloth generously. Roll out about ⅓ of the dough to 1/8" thickness and cut into 3" circles. A donut cutter works fine.
3. Place a scant tablespoon of filling (use prepared sauerkraut, canned plums, mashed potatoes mixed with a bit of cheese or sauteed onions, or the following cheese filling) on center of dough, and fold over to form a pocket. If inside edges are dry, moisten with a bit of water on your finger and seal the edges together with a fork. Repeat with balance of dough.
4. Cook Pierogi 10 to 12 minutes in gently simmering water. They will float to the top. Drain.
5. Serve with onions sauteed in butter, mixing Pierogi with the onion/butter mixture. Pierogi can be frozen for later use, but allow them to dry before freezing.

CHEESE FILLING:

1 C. dry cottage cheese	1 T. sugar
Pinch of salt	1 egg
1 tsp. lemon juice	

Mix all ingredients. A blender or processor will make a smoother filling.

Sister Elizabeth Ann Dudas, S.Sp.S.
Waukegan, IL

BIEROCKS (A VOLGA-GERMAN SPECIALTY)

POTATO DOUGH:

1 pkg. dry yeast
1/4 C. water
2/3 C. shortening
1/2 C. sugar
2 tsp. salt
2 medium potatoes, mashed
1 C. hot potato water
3 eggs, beaten
7 C. flour

FILLING:

2½ lbs. ground beef
4 C. cabbage, shredded
2 T. minced onion
2 tsp. garlic salt
1 tsp. salt
1/4 tsp. pepper

Soften yeast in water, set aside. Add hot mashed potatoes and water together to make 2 cups. Mix potato mixture with shortening, sugar and salt until melted. Add eggs and 2 cups flour. Add yeast and remaining flour and knead on well-floured board until dough is smooth and soft. Place in greased bowl and either refrigerate or place in warm area and allow to rise until double in bulk. While dough is rising, make filling. Brown beef. Shred cabbage and add to meat after draining. Add seasonings and simmer 5 minutes. Divide dough into 4 parts. Roll each part out in a 12x12" square and cut into 9 squares. Place heaping tablespoon of filling on each small square. Bring up corners and seal sides. Place seam side down on lightly-greased baking sheet and bake in 400° F. oven for 10 minutes. Brush lightly with butter. The dough may be made the day before but should be brought to room temperature before shaping. Makes 36 bierocks.

Mrs. Ed. Pfannenstiel
Hays, KS

NEVER FAIL DUMPLINGS

1½ C. flour
1 tsp. salt
1 tsp. baking powder

2 eggs
Water
2 slices bread, toasted and
cut in cubes

Mix together flour, salt and baking powder. Make a well in center of mixture. Break eggs into a measuring cup and add enough water to make 2/3 of a cup. Pour into well in flour. Mix all together and add bread cubes. Knead into shape of a ball. Put on floured board and roll into an oblong shape. Put in boiling water for 15 minutes, turn over for another 15 minutes.

Eileen Janicki
Varna, IL

MOCK MEAT

- | | |
|-------------------------|---------------------------|
| 1 C. cottage cheese | 1 T. dried parsley |
| 1 C. bread crumbs | 2 large eggs |
| 1 C. quick rolled oats | 1 recipe of your favorite |
| 1 medium onion, chopped | gravy |

Make 4 patties and fry like hamburgers.

Optional - salt, garlic, sage, bouillon powder (chicken, beef or ham).

Use the seasonings to match the type of gravy you made.

Joan Crowley
Conneautville, PA

RECIPE FOR A DAY

Take a little dash of water cold
And a little leaven of prayer
And a little bit of morning gold
Dissolved in the morning air
Add to your meal some merriment
And a thought for kith and kin
And then, as your prime ingredient
Plenty of work thrown in
But spice it with the essence of love
And a little whiff of play
Let a wise old book and a glance above
Complete the well-made day.

FISH IN ONION SAUCE - PERUVIAN STYLE

2 lbs. whitefish	½ tsp. marjoram
Salt and pepper	1 C. vinegar
Flour	4 boiled eggs, sliced
Shortening for frying	15 ripe olives
1 tsp. ground hot pepper	½ lb. fresh cheese
Lettuce leaves	4 fresh, hot peppers, sliced
1 lb. onions, thinly sliced	

Clean fish and cut in large pieces. Season with salt and pepper; dip in flour and fry in very hot shortening. Place on a platter. In a saucepan with sufficient oil, put onion, fresh and ground peppers, marjoram, salt and pepper. When onion is cooked, add the vinegar. Immediately remove from heat and pour over fish. Garnish with lettuce leaves, olives, cheese and egg pieces.

Hope VaLente (Martinez)
Ilo, Peru

BAKED STUFFED FISH

1-3½ lb. whitefish or any large fish	1 tsp. paprika
1 tsp. salt	Pepper to taste
	2 T. salad oil

Wash fish and wipe with cloth. Stuff and sew edges. Brush with salad oil mixed with salt and paprika. Place in shallow pan, uncovered, at 450°. Bake until fish flakes, 35 to 45 minutes.

STUFFING:

⅓ C. butter	1/8 tsp. pepper
3 T. chopped onion	1 tsp. thyme
¾ C. celery	1 qt. soft bread crumbs
1 tsp. salt	2 T. water

Melt butter. Add onion and celery. Cook until celery is tender (10 minutes). Add rest of ingredients and mix. Place inside fish. Sew shut.

Joan Tinti
Norway, MI

WHITEFISH SUPREME

4 whitefish fillets	1 can mushroom soup
¼ C. butter	1 C. sour cream
Salt & pepper	¼ to ½ C. vermouth
1 C. sliced mushrooms, sauteed	Paprika
	Chopped parsley

Cut each fillet in half crosswise. Grease shallow baking dish large enough to hold fish in single layer. Put in fish; dot with butter. Sprinkle with salt and pepper. Spoon mushrooms over fish. Bake at 350° for 15 minutes. Combine soup, sour cream and vermouth (dry white wine may be used). Heat just until mixture bubbles. Spoon over fish. Bake 15 minutes more or until fish flakes. Sprinkle with paprika and parsley.

Joan Murawski
Glenview, IL

CRAB AND CHEESE QUICHE

1 C. shredded Swiss cheese (4 oz.)	1 C. light cream or ½ C. sour cream and ½ C. milk
1 can crabmeat, drained and flaked (7 oz.) or 8 oz. frozen	½ tsp. grated lemon rind
2 green onions, chopped, including tops	½ tsp. salt
3 eggs, slightly beaten	¼ tsp. dry mustard
	Dash of mace (optional)
	¼ C. sliced almonds
	Unbaked pie shell

Arrange cheese in pie shell, top with crabmeat. Sprinkle with green onions. Mix eggs, cream, lemon rind and spices. Pour evenly over crab and top with sliced almonds. Bake at 325° for 50 minutes or until solid. Let stand for 10 minutes before serving.

Fran Kovarik
Rapid City, SD

TRIPLE SEAFOOD BAKE

- | | |
|--------------------------------------|--|
| 1 can mushroom soup | 1 can minced clams, drained |
| 2 C. half and half | 1 can sliced water chestnuts,
drained |
| 1 1/3 C. Minute rice | 1 jar sliced mushrooms,
drained |
| 1-5 oz. can small shrimp,
drained | 2 T. chopped parsley |
| 1 can crabmeat, drained | 1/4 tsp. garlic salt |

Mix soup and half and half in large bowl. Mix in remaining ingredients and turn into buttered casserole. Dot with butter. Bake 50 minutes at 350° (longer if made ahead and refrigerated). If desired, sprinkle with paprika and 2 tablespoons sliced, toasted almonds for last 15 minutes.

Joanne Strong
Arlington Heights, IL

SHRIMP ETTOUFFE

- | | |
|-----------------------------------|--------------------------------|
| 1 stick margarine | 1/4 C. flour |
| 1 medium onion, chopped | 1 can Rotel tomatoes |
| 1 medium green pepper,
chopped | 1 can water (Rotel tomato can) |
| 1/2 C. chopped celery | 2 cans golden mushroom soup |
| | 2 lbs. raw shrimp (peeled) |

In a large, heavy pot, saute onion, green pepper and celery in the stick of margarine. When onions are translucent, add flour and stir. Then add Rotel tomatoes (cut up large pieces of tomato) and water. Let this cook slowly for 5 minutes. Add soup. Stir and simmer until it boils slowly. Add raw shrimp and simmer until shrimp becomes deep pink and white. (Cover and simmer slowly while you prepare the rice.) Serve over rice.

This does well to prepare ahead, giving time for the shrimp flavor to penetrate. However, do not overcook shrimp.

Lois Seymour
Jackson, MS

KARI-KARING HIPON (CURRIED SHRIMP) **(PHILIPPINE RECIPE)**

- | | |
|---|--|
| 10 medium-sized shrimp
(cleaned, deveined) | 1 small red pepper |
| 2 cloves garlic (minced) | 1 tsp. curry powder |
| 1 onion (chopped) | 3 T. vegetable oil |
| 2 C. coconut milk | 2 medium-sized eggplants
(sliced crosswise) |
| | Salt to taste |

Saute in oil the garlic and onions. Add curry powder. Add the shrimp and season with salt. When cooked, add the eggplant, coconut milk and red pepper. Stir until it boils. Serve hot and with rice.

Chita B. Acosta
Waukegan, IL

SHRIMP REBOSADO (PHILIPPINE RECIPE)

- | | |
|------------------------------------|------------------------------|
| 1 C. shrimp (chopped) | 1/2 C. oil |
| 2 stalks green onions
(chopped) | Salt to taste |
| 4 eggs (beaten) | Pepper and Accent (optional) |

Slice the onions or chop, saute in hot oil with the shrimp. Remove from fire. Add eggs to the shrimp mixture. Drop by spoonfuls into hot oil and cook until brown.

Chita B. Acosta
Waukegan, IL

The best way to get ahead is to use your own head.

SEAFOOD SALAD (A LITTLE SPECIAL)

- | | |
|---|---|
| 1-8 oz. pkg. frozen, cooked shrimp (unfreeze sometime before) | ½ C. each finely chopped onions and sweet pickles |
| 1-6½ to 7 oz. can tuna (drained) | 1½ C. thinly sliced celery |
| 3 C. cooled, cooked rice | ¼ C. diced pimientos |
| | 3 hard-cooked eggs, chopped |
| | 1 T. lemon juice |
| | 1 C. mayonnaise or salad dressing |

Combine all ingredients and toss lightly. Season to taste. Chill. Serve on lettuce leaf, maybe with a little cherry tomato. Makes enough for about 6 people.

Sr. Dolores Marie Kuhl, S.Sp.S.
Greenville, MS

QUICK AND EASY DISH ON DAY OFF

- | | |
|--|----------------------------------|
| 1 pkg. jumbo fresh or frozen shrimp or crab leg, cut in pieces | 1 medium to large onion, chopped |
| 2 medium tomatoes, diced | 1 C. fresh sliced mushrooms |
| | 1 green pepper, diced |

Combine above colorful ingredients and saute in a pan with butter. Sprinkle with salt, pepper and Accent to taste. Serve with cooked rice or noodles.

Theresa Chiang
Techny, IL

SALMON LOAF

- | | |
|------------------------|------------------------|
| 1 large can salmon | 1 T. melted shortening |
| 2 C. bread crumbs | ½ C. milk |
| 1 medium onion, grated | 1 egg, slightly beaten |

Drain salmon. Stir in crumbs and remainder of ingredients. Bake in a greased loaf pan at 350° for 40 minutes.

Lila Bjornson
Norway, MI

TUNA CASSEROLE

Boil 4 cups macaroni. In a saucepan, melt 3 tablespoons margarine, 3 tablespoons flour and 1 cup milk. Stir until mixture becomes thick. Add salt and pepper. Mix 12½ ounces tuna, 6 ounces grated Cheddar cheese, ¼ teaspoon dry mustard and add to macaroni. Bake 20 minutes at 375°.

Nancy Berning
Albertville, MN

SAVORY CRESCENT CHICKEN SQUARES

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|--|---|
| 3 oz. pkg. cream cheese,
softened | 2 T. milk |
| 3 T. butter or margarine,
melted | 1 T. chopped chives or onions |
| 2 C. cooked, cubed chicken
or 2-5 oz. cans boned
chicken | 1 T. chopped pimento, if
desired |
| ¼ tsp. salt | 8 oz. can Pillsbury refrigerated
quick crescent or Italian
flavor crescent dinner rolls |
| 1/8 tsp. pepper | ¾ C. seasoned croutons,
crushed |

Preheat oven to 350° F. In medium bowl, blend cream cheese and 2 tablespoons butter (reserve 1 tablespoon) until smooth. Add the next 6 ingredients; mix well. Separate crescent dough into 4 rectangles; firmly press perforations to seal. Spoon ½ cup meat mixture onto center of each rectangle. Pull the 4 corners of dough to top center of chicken mixture, twist slightly and seal edges. Brush tops with the reserved 1 tablespoon butter; dip into crouton crumbs. Bake on ungreased cookie sheet for about 20 to 25 minutes, until golden brown. Refrigerate any leftovers. Makes 4 sandwiches.

Mary Ellen Ervin, Huntley, IL
Mary Jane Staebell, Jesup, IA

CHICKEN ENCHILADAS

1-10 oz. can cream of
chicken soup
½ C. chicken broth or
water
1-4 oz. can diced green
chiles
¼ tsp. pepper

1 C. boned chicken
½ C. chopped onion
6 corn tortillas
1 C. grated Cheddar cheese

Mix first 4 ingredients together. Set aside. Mix chicken and onion together. Pour ⅓ of the soup mixture into a quart-size casserole. Layer a tortilla, 2 tablespoons of chicken and a bit of cheese on it. Continue till all tortillas are used up. Pour remaining soup mixture over all. Bake 30 minutes at 350°.

Martha Lusson
Peoria, AZ

CHICKEN ENCHILADAS WITH CREAM

1 doz. 6" tortillas
1 chicken, deboned and
chopped
8 oz. Cheddar cheese,
grated

Chopped onion
1 can cream of chicken soup
1 small can chopped green
chilies
8 oz. sour cream

Soak tortillas in a little chicken broth until soft enough to roll. Put chicken, cheese and onion on tortilla. Roll up and place in pan (coat the bottom of the pan with a little of the following mixture to prevent sticking). Mix soup, chilies and sour cream. Pour over top of enchiladas and sprinkle with cheese. Bake 30 minutes at 350°.

Bernice Brown
Omaha, NE

MEXICAN CHICKEN STEW

3 whole chicken breasts, split	1 tsp. cumin
2 T. flour	½ tsp. salt
1 tsp. salt	1 clove garlic, pressed
¼ tsp. pepper	1 medium red pepper (sweet)
2 T. oil	1-1 lb. can stewed tomatoes, undrained
2 T. margarine	½ C. dry white wine
1 C. chopped onion	1 C. raw regular white rice
2 tsp. chili powder	1 large avocado (optional)

Rinse chicken, pat dry. Combine flour, 1 teaspoon salt and pepper on paper and use to coat chicken. In large skillet, heat oil and butter. Add chicken pieces, half at a time, turn and brown on all sides. Remove as it browns. Drain off all but 1 tablespoon of fat. Add onion, chili powder, cumin, salt and garlic, saute and brown about 5 minutes. Wash red pepper, remove seeds and ribs, cut in strips. Add tomatoes, wine, pepper and mix well. Arrange chicken on top. Cover, cook at medium heat 30 minutes or until chicken is tender, spooning sauce over the chicken occasionally as it cooks. Cook rice according to directions. Serve chicken over rice and garnish with avocado.

Margaret Wilson
Durham, NC

THE NEW MOTHER

“Cleaning and scrubbing can wait till tommorrow...
for babies grow up we’ve learned to our sorrow...
so quiet down, cobwebs...dust go to sleep...
I’m rocking my baby and babies don’t keep!”

SOUTHERN FRIED CHICKEN

Fryer parts	2 eggs, unbeaten
Seasoning salt	Deep fryer
1-3 lb. can shortening	

Wash chicken and put in large roast pan. Season to taste with seasoning salt. **USE NO OTHER SEASONING.** Mix in eggs over chicken (with both hands), blending thoroughly. Put unseasoned flour in medium brown paper bag. Add 6 to 7 pieces of chicken at a time. Shake well until chicken is well coated. Shake off excess flour against inside of bag before adding to shortening (shortening should be piping hot). Fry until golden brown or until chicken floats on shortening. Remove from fryer and drain on paper towel. (**NO GREASY TASTE!**)

GRAVY: Drain off fat. Add 2 cups of water to remaining flour crumbs. When gravy thickens, strain. Add more water if necessary. Season to taste. Serve over fluffy hot rice, buttered corn bread, mashed potatoes or hot biscuits.

This recipe is good for about 25 pieces of chicken.

Mrs. Lubertha Barnes
Vicksburg, MS

CHICKEN EVERY SUNDAY

2 C. Minute rice	1 can cream of celery soup
½ C. milk	1 can cream of mushroom soup
1 env. dry onion soup mix	1 frying chicken, cut-up

Grease roaster and put in the rice. Heat the canned soups and milk and pour over the rice, being sure all rice is covered. Place chicken pieces on next. Cover with dry onion soup. Seal with foil and bake at 325° for 2 hours and 15 minutes.

Lucille Kunkel
Mapleton, MN

KARLA'S CHICKEN EVERY SUNDAY

Put 1½ cups rice into a buttered baking dish. Place 1 raw cut-up chicken on top of rice. Mix together 1 cup chicken broth, 1 package dry onion soup mix and 1 can mushroom soup. Pour over chicken and rice. Cover and bake 1½ to 2 hours at 350°.

Karla Brannon
New Hampton, IA

ARROZ CON POLLO (CHICKEN WITH RICE)

METHOD I:

4 lb. broiler-fryer, cut for serving	2 pimentos, cut in strips
4 C. chicken broth or 2 C. cider & 2 C. chicken broth	½ bay leaf
4 T. cooking oil	2 C. raw rice
2 C. cooked green peas or 1 can tiny French peas	1 tsp. saffron or curry powder
	1 small onion
	½ garlic clove, mashed
	Salt and pepper
	Pinch cayenne

Heat oil in heavy skillet and saute onions lightly. Add garlic, bay leaf, salt and pepper. When onions have started to take color, put aside and brown chicken until golden brown. Place chicken on paper towel or in a pan while you brown rice in same oil. Stir constantly until it is yellow. Add saffron or curry powder, whichever is preferred. Pour rice and onion mix into a large, deep casserole. Pour chicken broth into the skillet to clean out brown glaze and add to casserole. Lay chicken pieces on top, cover tightly and bake 45 minutes at 350° or until chicken is tender and rice is dry and flaky. Remove from oven. Take part of the chicken pieces out, stir the rice with a long tined fork enough to release steam and add hot peas that have been drained and, also the pimento strips. Replace the chicken in casserole. Serves 6.

METHOD II:

1 chicken fryer, cut-up	2 tsp. paprika
2 T. minced onion	½ can tomato paste
2 cloves garlic, minced	2 T. shortening
Parsley flakes or chopped parsley	2 C. rice

Brown chicken; place in large kettle. Brown onion. Add garlic, parsley, onion, paprika, tomato paste and water to cover chicken; simmer. Place shortening and rice in frying pan; brown rice until cream colored, stirring constantly. Measure broth; add water to make 6 cups. Return broth and rice to kettle of chicken. Cover; simmer for 30 minutes. Serves 6.

Hope VaLente (Martinez)
Ilo, Peru

CHICKEN RISSOTO

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|--|---------------------|
| 1 roasting chicken (cut-up),
may use pork or veal | 1 C. tomatoes |
| 1 medium onion, chopped | 1 tsp. paprika |
| 2 C. chopped celery | ¼ tsp. pepper |
| 4 carrots, sliced | ¼ C. lard or butter |
| 1 clove garlic, minced | 2 C. rice |

Melt shortening in heavy pan, brown chicken thoroughly; add onion, garlic, salt, pepper and paprika, simmer 5 minutes. Add 1 cup tomatoes, celery and carrots, cook until tender, then add rice which has been washed in hot water. Mix well, add enough boiling water to cover, season with salt to taste, simmer another 25 to 30 minutes. A package of frozen peas may be added the last 15 minutes of cooking time.

Rissoto should be moist yet not too wet. After adding rice, it may be necessary to add more boiling water while cooking.

JoAnn Fagan Cepon
Gurnee, IL

BAKED CHICKEN BREAST

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|----------------------------|-------------------------|
| 6 deboned chicken breasts | 1 can cream of mushroom |
| 6 slices smoked bacon | soup |
| 1-16 oz. carton sour cream | 2 pkgs. dried beef |

Grease 9x13" pan with margarine. Shred the dried beef on the bottom of the pan. Wrap a slice of bacon around each breast, holding with a toothpick, placing them on top of the beef. Mix the sour cream and mushroom soup together, pouring over the breast. Bake at 300° for 1 hour, covered, and 1½ hours, uncovered. Sprinkle with parsley, if desired.

Suzanne Berning
Albertville, MN

BAKED CHICKEN REUBEN

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|---|--|
| 4 whole broiler-fryer
chicken breasts, halved
and boned | 4 slices (each about 4x6")
natural Swiss cheese |
| ¼ tsp. salt | 1¼ C. bottled Thousand Island
salad dressing |
| 1/8 tsp. pepper | 1 T. chopped parsley |
| 1-16 oz. can sauerkraut | |

Place chicken in a greased baking pan. Sprinkle with salt and pepper. Drain sauerkraut, pressing out excess liquid. Place sauerkraut over chicken and top with Swiss cheese. Pour dressing evenly over cheese. Cover with foil and bake in 325° oven for about 1½ hours or until fork can be inserted into chicken with ease. Sprinkle with chopped parsley and serve. Makes 4 servings.

Josephine Piktel
North Chicago, IL

SWEET-SOUR CHICKEN

- | | |
|---|--------------------------------------|
| 1 broiler-fryer (2½ to 3 lbs.),
cut-up | 1 env. onion soup mix |
| ½ of 8 oz. bottle Russian
dressing (dark red kind) | ½ of 10 oz. jar apricot
preserves |
| | Water |

Put chicken pieces in shallow baking dish. Mix dressing, soup mix and preserves with small amount of water. Pour over chicken and bake in 350° oven for 1¼ hours or until chicken is tender. Good with wild rice and green vegetable. Makes 4 servings.

Mary Blum
Naperville, IL

"If you utter insults you will also hear them."

YOU KNOW WHO'S FAMOUS FRIED CHICKEN

3 C. self-rising flour	2 pkgs. dry Italian dressing mix
2 envs. tomato Cup-a-Soup	2 cut-up fryers
1 T. paprika	

Combine all dry ingredients. Coat chicken pieces with coating mix. Let dry a while. Drizzle melted oleo over each piece and bake in 350° oven for an hour.

For extra crispy chicken, mix 1 teaspoon oil and 1 teaspoon water together for each piece of chicken and drizzle a little over pieces every 15 minutes during baking.

Joan Crowley
Conneautville, PA

ICE CREAM CHICKEN

¾ C. vanilla ice cream	Pinch of salt
½ C. water	Flour
¼ tsp. baking powder (I use almost ½ tsp.)	Chicken
	Hot oil (to fry in)

Mix ice cream, water, baking powder and salt in mixing bowl. Dust chicken in flour, dip in ice cream mixture and roll in flour again, coating well. Fry on high heat and reduce heat until chicken is done.

Jean Tucka
North Chicago, IL

The longer you keep your temper, the more it will improve.

ALMOND CHICKEN

2 chicken breasts (skinned)	5 tsp. cornstarch
1 small green pepper	4 T. oil
2 stalks celery	1 clove garlic
1 small can water chestnuts	1 tsp. Accent
1 small can mushrooms	½ C. water
½ C. blanched almonds	4 tsp. soy sauce
1 medium onion	

Cut everything into bite-size pieces; use ½ teaspoon oil and brown the almonds. Remove and set aside. Use ½ of the remaining oil to saute onion, celery and pepper for ½ minute. Add salt to taste and remove vegetables. Pour remaining oil into skillet. When it is hot, put in garlic and chicken, which has been sprinkled with salt and pepper and 1 teaspoon cornstarch. Cook 1 minute, stir constantly. Add all remaining ingredients except the water, soy sauce and cornstarch. Combine these and pour mixture into skillet with chicken and vegetables. Cook until thick, about ½ minute. Serve on cooked rice.

Loyce Horan
New Hampton, IA

ORANGE-HONEY BUTTERED CHICKEN

Flour, salt	¼ C. honey
1 broiler-fryer chicken, disjointed, about 3 lbs.	¼ C. orange juice
¼ C. butter	1 tsp. dry mustard
1 small garlic clove, finely chopped	½ tsp. ground rosemary
¼ C. finely chopped onion	¼ C. slivered almonds

Dip chicken in flour mixture. Put ¼ cup butter, garlic and onion in a shallow 11x7" casserole dish. Melt butter by placing casserole in a hot oven (400° F.). Remove. Arrange pieces of floured chicken in the dish. Turn to coat with butter. Bake 25 minutes with the skin side down. While chicken is baking, combine all remaining ingredients except almonds. Remove chicken from oven and turn skin side up. Brush pieces generously with the orange-honey sauce. Sprinkle with salt and pepper. Return to oven and continue to heat 20 to 25 minutes. Brush chicken several times during heating time using all of the sauce. Add almonds during the last 5 minutes of heating time. Serve immediately.

Joan Zupec
Wadsworth, IL

CHICKEN PICCATA

Skin, bone and pound 4 chicken breasts dipped in lightly-salted flour. Heat pan, when hot, add 1 to 2 tablespoons olive oil. Fry chicken quickly and add crushed pepper. When chicken is browned and cooked, about 20 minutes, remove from pan and simmer following:

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|-----------------------------------|--|
| 2 T. green onion, chopped | 1 can clear chicken broth |
| 2 T. yellow onion, chopped | 2 T. fresh lemon juice |
| 1 clove garlic, finely
chopped | ¼ to ½ C. dry sherry (dry
white vermouth may also be
used) |
| | 2 T. chopped fresh parsley |

Simmer 10 minutes, pour over chicken and serve. This may also be kept warm in a casserole.

Betty Cella
Arlington Heights, IL

BARBECUED CHICKEN WINGS

- | | |
|--------------------|-----------------------------------|
| 1 C. water | ½ C. sweetened pineapple
juice |
| 1 C. soy sauce | 1 tsp. garlic powder |
| ½ C. vegetable oil | 1 tsp. ginger |
| 1 C. sugar | 30 wings, tips removed |

Combine all ingredients and pour over chicken wings. Marinate for several hours. Bake in 200° oven for 2 hours, uncovered. The marinating juice may be used for basting if needed.

Mrs. Norbert (Isabel) Kunkel
Crosslake, MN

SWEET AND SOUR CHICKEN WINGS

20 to 25 chicken wings	1 C. water
1 C. soy sauce	1 C. white sugar
1 C. pineapple juice	¼ C. salad oil
1 tsp. garlic powder	1 tsp. ground ginger (optional)

Cut wings into 3 parts by the joints. Combine all the ingredients and pour over wings. Refrigerate overnight. Line jellyroll pan with tin foil. Remove wings from sauce and put on pan. Bake in 350° oven for 1½ hours or until brown and tender.

Terry Spreda
Stevens Point, WI

ORIENTAL MARINATED CHICKEN

⅔ C. soy sauce	2 T. sesame seed oil
¼ C. lemon juice	½ C. sherry
Chicken breasts	

Skin the chicken breasts. Mix all the remaining ingredients and pour over the chicken. Marinate in a covered dish in the refrigerator for at least 2 hours. Broil the chicken for about 12 to 20 minutes, until thoroughly cooked.

Marianne Garvey
Hudson, OH

CURRY CHICKEN DELIGHT

4 whole chicken breasts, skinned, boned, halved	¼ C. honey
⅓ C. flour	2 T. prepared mustard
4 slices bacon	½ tsp. curry powder
	Hot, cooked, long grain & wild rice

Rinse chicken and pat dry. Coat with flour. Cook bacon until crisp, drain on paper toweling. Crumble and reserve. Slowly brown chicken in drippings, about 10 minutes. Place in baking dish. Bake, uncovered, at 350° for 30 minutes. Combine honey, mustard, curry powder and drizzle over chicken. Bake uncovered for 15 minutes more. Top with crumbled bacon. Serve with hot, cooked rice. Serves 8.

Mary McParland
Downers Grove, IL

CHICKEN CURRY (INDIA)

3 lbs. chickens	2 cinnamon sticks (2 to 3" long), crushed
6 medium-sized potatoes for boiling	4 black peppercorns
2 medium-sized onions, peeled and chopped	1 tsp. turmeric powder
A piece of ginger (fresh), about 1", peeled and chopped	1 C. tomato sauce
6 cloves garlic, peeled and chopped	4 C. chicken broth
	1 tsp. salt
	10 T. vegetable oil

Put ginger, onion and garlic in the blender with 4 tablespoons of water. Blend it to a smooth paste. Boil potatoes and cool it. Remove skin from the chicken and pat dry. Heat oil in a skillet over medium-high flame. When hot, add peppercorns, cinnamon and chicken. Fry the pieces quickly on all sides until it becomes golden brown. Remove the pieces. Pour the mixture from the blender to the skillet, add turmeric and fry, stirring for 3 minutes. Now add the tomato sauce and chicken broth. When it begins to boil, cover and simmer for 15 minutes. Peel and cut the potatoes into 4 or 8 pieces. Now add the chicken, potatoes and salt to the sauce. Stir till it boils. Cover and simmer gently for 25 to 30 minutes until the chicken is tender. While they are cooking, turn them a few times. Serve warm with rice. Serves 5 to 6.

Sr. Kusum Cherian, S.Sp.S.
Bangalore, India

KERALA CHICKEN CURRY

3 lbs. chicken	3 to 4 fresh hot green peppers, sliced
2 medium-size onions	1 tomato, sliced
2 T. coriander powder	1 piece of ginger
2 T. paprika	½ tsp. cloves & cinnamon
1 T. chili powder	Salt to taste
1 tsp. turmeric	½ C. milk (optional)

Mix chili powder, coriander, paprika, turmeric, cloves and cinnamon with ½ cup of warm water into a paste. Cut the chicken into small pieces, add salt and half of the above mixture, mix thoroughly. Heat the oil, fry onions, hot pepper and ginger to slightly brown. Add the other half of the mixture and tomato. Let cook 2 to 3 minutes. Now add the meat and mix well with 2 cups of water. Cook, stirring often so that the curry does not stick to the pan when the meat is done, add ½ cup of milk and simmer for 2 minutes. Serve with rice or bread.

Srs. Julitta & Josea, C.M.C.
Gary, IN

ROAST STUFFED CHICKEN

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|--------------------------|----------------------|
| 1 chicken | 3 onions |
| 1 chicken liver | 2 slices bread |
| 1 hard-boiled egg | A few mint leaves |
| 2 T. margarine or butter | 1 T. vinegar |
| A small piece of ginger | ½ tsp. pepper powder |
| 3 green chilies | 2 T. butter |
| | Salt to taste |

Boil the liver. When it is done, cut into small pieces. Cut the bread into small cubes. Chop the onions, green chilies, ginger and mint leaves very fine. Chop the egg. In 2 tablespoons of butter, fry the bread cubes to a golden color and remove. Then fry the onions, add powdered spices, take it off the fire and mix together all the ingredients for stuffing with fried bread last. Clean the chicken, don't remove the skin. Keep it whole. Rub salt. Clean inside. Wipe it dry. Rub salt inside. Fill with stuffing. Stitch the stomach. Tie the wings. Apply margarine all over the chicken. Place on a greased baking tray. Bake at 350° for 1½ hours or till done, the chicken is golden color from outside. Serve the chicken, cut into pieces, with roast potatoes.

Sr. Grace Regina, S.Sp.S.
Gujarat, India

TANDOORI CHICKEN

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|---------------------|---|
| 1 chicken | 1 tsp. jeera powder (cumin seed powder) |
| Juice of 2 lemons | 2 T. curds |
| 2 T. vinegar | 1 onion |
| 1 T. butter | 1" piece of ginger |
| 12 flakes of garlic | ½ tsp. coriander powder |
| 2 T. chili powder | 2 tsp. salt |

Drain the curds to remove the water. Crush ginger, garlic and onion. Take out the juice, throw away the paste. Clean the chicken thoroughly, removing the skin. Make shallow cuts on either sides. Mix the curds, powdered masalas, lemon juice, vinegar, salt and juice of ginger, garlic, onion. Mix well, apply all over the chicken. Leave for 24 hours in the refrigerator. Apply butter all over the chicken and bake until it is done. Serve hot.

Sr. Rosaline S.Sp.S.
Rajkot, India

COQ-AU-VIN BLANC (CHICKEN IN WHITE SAUCE)

1 chicken, quartered	2 medium onions, sliced thin
1 tsp. salt	¼ lb. mushrooms
¼ tsp. pepper	2 T. flour
2 T. butter	¼ C. chicken broth
	¾ C. dry white wine

Sprinkle chicken with salt and pepper. Saute in butter for 20 minutes. Add onions and cook 5 minutes. Add mushrooms and cook 3 minutes longer. Blend flour with broth and stir in. Add wine. Cover and simmer until chicken is tender, about 30 to 45 minutes. Garnish with parsley.

Lila Bjornson
Norway, MI

CHICKEN CORDON BLEU

8 half chicken breasts, boned and skinned	1 C. fine dry bread crumbs
Salt and pepper to taste	2 T. margarine or butter
1/8 tsp. lemon or orange juice per breast	8 slices boiled ham
3 eggs, well beaten	8 slices Swiss cheese
	Grated Parmesan cheese

Pound breasts thin between 2 pieces of plastic wrap until the cutlets are ¼" thick. Discard wrap and season chicken with salt and pepper. Squeeze juice over chicken. Dip each cutlet in beaten egg. Roll in bread crumbs. Saute each cutlet in butter, turning once, until lightly browned. Remove cutlets from pan. Top each with one slice ham and one slice cheese. Fold over cutlets with filling inside. Secure with toothpicks. Place in shallow greased baking pan and pour sauce over chicken. Bake uncovered for 45 minutes at 350°. Baste occasionally. Serve with sauce spooned over chicken. Sprinkle with Parmesan cheese.

SAUCE:

½ C. celery, chopped	¼ tsp. pepper
½ C. onion, chopped	1 C. chicken broth
4 T. butter or margarine	2 cans cream of mushroom, chicken or celery soup
¼ C. flour	Salt and pepper to taste

Saute celery and onion in butter. Blend in flour. Cook over low heat for 1 minute, stirring constantly. Stir in broth and soup. Cook, stirring occasionally until thickened. Add salt and pepper to taste.

Lisa Heller
Sumner, IA

POLLO CON TOCINO

1 large roasting hen or
stewing hen (if young)

4 slices bacon (spread each
with chili powder and
minced garlic)

Roll and place each in cavity of hen. Sew cavity. Place chicken breast down in large kettle with gizzard, heart and liver. Add cooked ingredients, plus enough water to cover chicken to $\frac{3}{4}$ level. Cook slowly, turn chicken, add water to maintain level. Saute 2 large onions (sliced), 2 cloves garlic (minced) and 1 medium green pepper (chopped) in butter or margarine until soft. Add the following and bring to boil:

1 C. tomato puree
3 T. chopped parsley
1½ T. sugar

1 tsp. salt
2 tsp. chili powder (1 tsp. is
usually sufficient)
½ C. Maderia wine (optional)

Pour all over chicken to cook. Remove meat from bones. Try to have several large pieces. Return bones to boil ½ hour. Remove most fat (skim). Chop bacon rolls and add to chicken meat. Test for seasoning. Thicken with cornstarch to thin to cream sauce consistency. When serving, pour half sauce over chicken, reserve rest to be served separately. May be cooked day before and reheated.

RICE RING: Wash 2½ cups long grained rice through 5 waters. Cook in boiling, salted water. Strain cooked rice and rinse with boiling water. Place ½ pound Edam cheese (grated) and 4 tablespoons butter or margarine in large bowl. Add hot rice, stir with 2 forks until blended. Grease ring mold with butter or margarine and pack with rice. Can be done the day before. One-half hour before serving, place in pan of boiling water in 350° oven. Sauteed almonds can be used to garnish ring which is filled with the chicken and sauce. Buttered peas may be spooned around the outside of the ring.

Maureen Dougherty
Waukegan, IL

CHICKEN SUPREME

Cut a chicken in pieces and boil until done in salted water. Cook and remove meat from the bones. Boil in salt water 3 cups of noodles until tender (don't overcook). Run cold water over noodles. Strain and set aside. Prepare the following: 4 tablespoons butter (don't substitute for butter), 4 tablespoons flour (level) and 3 cups liquid, half broth and half milk. Combine melted butter and flour, slowly add the liquid, stir constantly, cook until thickened (this should be medium white sauce - not thick). In a low 8x10" pan, butter the pan, make a layer of cooked noodles. Then a layer of chicken left in rather large pieces. Cover with shredded Velveeta cheese. Then add 3 to 4 stuffed olives, cut in slices. Half of a can of mushrooms and bits of green pepper, if desired. Cover all with the white sauce, allow it to filter through to the noodles. Add a second layer and repeat the process. Use the shredded cheese and the last layer. Use plenty of cheese. Place in oven and bake for 1 hour at 350° or until bubbly. As the dish bakes, keep it moist by adding a small amount of milk.

Snick Donahue
New Hampton, IA

PANSIT GUISADO (NOODLES)

1 C. boiled chicken meat	½ onion (chopped)
1½ C. chicken stock	Stalk of celery (cut into strips)
6 T. oil (vegetable)	1 carrot (cut into strips)
1 C. sliced pork, boiled	Green onions (chopped)
1 C. sliced boiled shrimp	1 pkg. bihon noodles
1 C. shredded cabbage	Accent (optional)

Heat oil and saute garlic, onions, shrimp and pork. Add the rest of vegetables seasoned with soy sauce. Add the chicken broth and let it boil. Add the bihon (noodles) which have been soaked in water and drained. Cook over a low fire until almost dry and slightly toasted. An extra spoonful of oil will improve the texture, seasoned with salt and soy sauce as needed. Serve and garnish with green onion, hard-boiled egg and lemon.

Chita B. Acosta
Waukegan, IL

SMOTHERED CHICKEN GIZZARDS

- | | |
|-------------------------------------|---|
| 1 lb. chicken gizzards, fat trimmed | ¼ tsp. each salt, pepper, poultry seasoning |
| 2 T. flour | 2 C. chicken broth |
| 2 T. oil | 2 T. parsley, chopped |
| 1 large onion, chopped | 1 T. Worcestershire sauce |

Cut gizzards in half. Dredge in flour. Saute in oil with onion till browned. Add all remaining ingredients except parsley. Cover and simmer 40 minutes till tender. Garnish with parsley. Makes 4 servings.

Joan Crowley
Conneautville, PA

HOT CHICKEN SALAD

- | | |
|------------------------------------|-----------------------------|
| 1 C. or more diced, cooked chicken | 2 T. chopped onion |
| 1 C. cooked rice | ¾ C. almonds |
| 1 C. cut-up celery | ¾ C. mayonnaise |
| | 1 can cream of chicken soup |

Mix altogether and top with crushed cornflakes and a few almonds. Bake 45 minutes at 350°.

Lila Bjornson
Norway, MI

MOCK CHICKEN HOT DISH

- | | |
|------------------------------|-------------------------|
| 1 can cream of chicken soup | ¼ C. soy sauce |
| 1 can cream of mushroom soup | 1½ C. water |
| 1 lb. hamburger | 1 C. celery |
| 1 large onion | ½ C. rice, uncooked |
| | 1 can chow mein noodles |

Brown hamburger and onions. Add rest of ingredients. Bake at 375° for 45 minutes.

Joan Tinti
Norway, MI

CHICKEN ADOBO (FILIPINO CHICKEN)

3 to 4 lbs. chicken, cut into parts	3 cloves garlic, minced
$\frac{1}{3}$ C. wine vinegar*	3 bay leaves
$\frac{1}{2}$ C. soy sauce	$\frac{1}{4}$ tsp. peppercorns
	1 C. water

Combine all ingredients in a pot and simmer, covered, for 1 hour or until meat is tender, stirring occasionally. If sauce is too thin, boil uncovered to reduce. If too thick, add a little water. Serve with steamed rice.

*Rice wine for cooking or saki will give this dish a teriyaki flavor. If rice wine is not used, add 2 tablespoons of brown sugar.

Ann Viernes
Chicago, IL

EGG FU YOUNG (WITH CHICKEN)

Boil 2 chicken breasts 25 minutes. Skin and bone, then chop. (Save liquid for soup.) Fry $\frac{1}{2}$ of the chopped onion, set aside. Fry chopped chicken and season with:

$\frac{1}{4}$ tsp. season salt	1 tsp. soy sauce
$\frac{1}{4}$ tsp. black pepper	2 tsp. sugar
$\frac{1}{4}$ tsp. ginger	$\frac{1}{4}$ tsp. salt

Fry $\frac{1}{2}$ of the chopped vegetables (celery, onion, mushrooms, bean sprouts, and all of the pea pods). Add your fried chicken and onion. Add soy sauce to taste, set aside. Whip 8 eggs, add 2 tablespoons cornstarch with water to eggs slowly. Stir in chicken and vegetable mixtures. Fry in small amount of oil, 300° in electric frying pan. Spoon mixture the size of a hamburger in pan, pushing eggs up while cooking. Brown on both sides.

Sr. Arnolda Chang, S.Sp.S.
Norway, MI

CHICKEN EGG ROLLS

Boil 7 chicken breasts for 20 minutes. Save liquid for soup.

CHOP AHEAD:

7 chicken breasts	1 can bean sprouts (rinse in cold water, then pour hot water on them, drain and cut, not too fine)
2-6 oz. pkgs. shrimp	7 stalks celery with leaves (chop very fine)
1 large onion (chop fine)	½ medium cabbage (chop fine)
1 can bamboo shoots	3 carrots (chop fine)
1 large can mushrooms (save liquid)	
1 slice fresh ginger (chop fine)	
1 tsp. chopped garlic	

Cook 6 scrambled eggs, set aside. Fry onions in oil, then add cabbage, celery, carrots and small amount of mushroom juice. Let cook about 5 minutes. Add mushrooms and bamboo shoots.

SEASON WITH:

1 tsp. ginger	1 tsp. sugar
½ tsp. pepper	1 tsp. salt
2 T. soy sauce	1 tsp. season salt

Then add bean sprouts, shrimp and scrambled eggs. Add Kitchen Bouquet for coloring, about 1 tablespoon.

SKIN FOR EGG ROLLS: Mix 9 cups flour and water. Cover with damp cloth, let rest for 10 minutes. Knead another 15 minutes. Roll dough out very thin. Cut in 4" squares. Take 1 tablespoon filling, place in center of square, fold over and pinch together. Deep fry in oil till brown on both sides. Serve with sweet and sour sauce or soy sauce or hot mustard. Skin can be purchased in most grocery stores.

Sr. Arnolda Chang, S.Sp.S.
Norway, MI

WILD DUCK

Place 3 or 4 wild ducks in pressure cooker and add small amount of water. Pressure cook for 15 minutes at 10 pounds of pressure. Take off burner and cool immediately. When ducks are cool, remove meat from bones. Place meat in a roaster. Mix together the following:

- | | |
|-----------------------------|---------------------------------------|
| 1 medium chopped onion | ½ tsp. all-season salt |
| 1 can cream of chicken soup | Salt and pepper to taste |
| 1 C. diced celery | Juice from pressure cooker, if needed |

Pour over the meat and bake until all is hot, approximately ½ hour.

Lucille Kunkel
Mapleton, MN

TURKEY (OR CHICKEN) TETRAZZINI

- | | |
|---|---|
| 8 oz. pkg. spaghetti or linguini | ½ tsp. salt |
| 3 T. butter or oleo | ¼ tsp. pepper |
| 1 small onion, diced | ¼ C. grated Parmesan cheese |
| ¼ C. flour | 2 C. cooked and cubed turkey or chicken |
| 2¾ C. milk | 4 slices white bread |
| 1-2½ oz. jar sliced mushrooms with liquid | 3 T. butter or oleo |
| 1 chicken flavored bouillon cube | |

In 6-quart pot, cook spaghetti or linguini, drain. Return to pot and keep warm. In 2-quart pot over medium heat, melt 3 tablespoons of oleo, add onion and cook until tender, stirring occasionally. Stir in flour until blended. Gradually stir in milk, mushrooms with liquid, bouillon, salt and pepper. Cook, stirring constantly until mixture is slightly thickened. Remove pan from heat, stir in cheese. Tear bread into small pieces. In small pan over low heat, melt 3 tablespoons of oleo; remove from heat, stir in bread pieces. Preheat oven to 350°. To spaghetti or linguini, add sauce and turkey; toss gently to mix well. Spoon into 12x8" baking dish, top with bread pieces. Bake about 20 minutes or until heated through.

Dorothy Burandt
Antioch, IL

TURKEY LOAF

1 lb. ground turkey
1 tsp. garlic salt
Some pepper
3 eggs
1/3 C. milk

1 onion, chopped fine
1 peeled potato, grated fine
2 carrots, grated fine
2 C. crushed crackers or
cornflakes

Mix all well, put in a loaf pan and put some ketchup on the top.
Bake in microwave oven for 30 to 35 minutes on medium-high.

Catherine Wegner
New Hampton, IA

HAWAIIAN MACADAMIA NUT STUFFING

Follow directions on a package of Croutettes, using chicken bouillon instead of hot water and adding a whisper of thyme, a dash of garlic salt, 1/4 cup each chopped onion and celery, a tablespoonful of brandy and a cup of chopped macadamia nuts. Use as stuffing for the bird or bake in a covered casserole for 1/2 hour.

Mrs. Thomas Wall
Harper Woods, MI

GRANDMA'S OLD-FASHIONED STUFFING

1 C. chopped celery
1 C. chopped onion
1/2 C. chopped green pepper
1 T. poultry seasoning

4 T. butter or margarine
1-10 3/4 oz. can Campbell's
chicken broth
10 C. dry bread cubes

In saucepan, cook celery, onion, green pepper with poultry seasoning in butter until tender. Add broth, mix lightly with bread cubes. Spoon into 2-quart casserole. Bake at 350° F. for 45 minutes. Makes about 8 cups for 10 pound turkey.

Kate Kizorek
Arlington Heights, IL

RICE STUFFING FOR TURKEY

$\frac{2}{3}$ C. chopped onion

$\frac{2}{3}$ C. chopped celery

Saute in $\frac{1}{3}$ cup margarine.

ADD:

$\frac{3}{4}$ C. cooked rice

$1\frac{1}{2}$ T. diced pimento

$1\frac{1}{2}$ T. dried parsley

4 C. herb seasoned croutons

$1\frac{1}{4}$ C. stock

Bake at 350° for 30 minutes.

Sr. M. Jude Henken, P.H.J.C.
Chicago, IL

When in sorrow, read John 14.

When men fail you, read Psalm 27.

When you worry, read Matthew 6:19-34

When you have the blues, read Psalm 34.

When God seems far away, read Psalm 139.

Notes

CASSEROLES



CHICKEN CASSEROLE WITH RICE

3 C. diced chicken	4 eggs, beaten
½ C. cooked Minute rice	1 tsp. salt
2 C. bread cubes	¼ tsp. poultry seasoning
⅓ C. celery	2 C. chicken broth
¼ C. pimento	

Mix all ingredients together and spread in buttered 13x9" pan. Bake at 350° for 55 minutes. Cut into squares and serve with gravy mixture of ⅓ cup chicken broth and 1 can cream of mushroom soup.

Bernice Schroeder
Stevens Point, WI

WILD RICE CHICKEN CASSEROLE

1-6 oz. pkg. long grain and wild rice mix	½ C. dairy sour cream
½ C. chopped onion	⅓ C. dry white wine (optional)
½ C. chopped celery	½ tsp. curry powder
2 T. butter	2 C. cooked chicken or turkey, cubed
1-10¾ oz. can condensed cream of mushroom soup	¼ C. snipped parsley

Prepare rice mix according to package directions. Meanwhile, cook onion and celery in butter till tender. Stir in soup, sour cream, wine and curry powder. Stir in chicken and cooked rice; turn into a 12x7½x2" baking dish. Bake uncovered at 350° for 35 to 40 minutes. Stir before serving; garnish with snipped parsley. Makes 4 to 6 servings.

Microwave cooking directions: On range top, prepare rice mix according to package directions. Place onion, celery and butter in 2-quart non-metal casserole. Cook, covered in countertop microwave oven till tender, 2 to 2½ minutes. Blend in soup, sour cream, wine and curry. Stir in chicken and rice. Micro-cook, covered, till hot, 8 to 10 minutes; turn dish after 5 minutes. Top with parsley.

Cheryl Niewoehner
Sumner, IA

CHICKEN BROCCOLI CASSEROLE

- | | |
|---|--|
| 2 pkgs. frozen broccoli | 1 can button mushrooms |
| 3½ to 5 lb. chicken,
cooked, drained & boned | ½ C. mayonnaise |
| ½ small box Velveeta
cheese | 1 can water chestnuts, drained
& sliced |
| 1 can cream of mushroom
soup | 1 can French fried onions |

Grease 9x13" cake pan. Place broccoli in layer on bottom. Spread with chicken cut up in medium-size pieces. Place 1/8" slices of cheese over chicken. Mix soup, mushrooms and mayonnaise and spread over cheese layer. Next, make a layer of sliced water chestnuts. Bake 40 minutes at 350°. Top with French fried onions and bake 10 minutes longer. Serves 6 to 8.

Sister Joan Marie Wendl, F.S.P.A.
LaCrosse, WI

BISCUIT-TOPPED CHICKEN CASSEROLE

- | | |
|-----------------------------------|------------------------|
| 1-10 oz. can mixed
vegetables | ½ C. milk |
| 2-16 oz. cans prepared
chicken | Dash of paprika |
| 1 can cream of chicken
soup | Salt & pepper to taste |
| | BISCUIT TOPPING: |
| | 1 C. Bisquick |
| | ¼ C. cold water |

Heat oven to 425°. Grease 1½-quart casserole. Mix soup, milk and vegetables. Add chicken, salt and pepper. Put into greased casserole. Mix Bisquick and water in small bowl until soft dough forms. Drop dough by teaspoonfuls onto casserole. Sprinkle top with paprika. Bake uncovered until biscuits are brown, 15 to 20 minutes. Makes 4 servings.

Patricia Sparks
Zion, IL

ELEGANT CHICKEN CASSEROLE

2 C. chopped chicken	$\frac{3}{4}$ C. Cheddar cheese
$\frac{1}{4}$ C. green pepper	2 C. celery
$\frac{1}{2}$ tsp. salt	2 T. onion (chopped)
$\frac{1}{2}$ C. mayonnaise	2 T. lemon juice
1 can cream of mushroom soup	$\frac{1}{2}$ C. slivered almonds

Mix all together and put in buttered 9x13" pan. Top with 2 cups potato chips. Bake at 350° for 30 minutes.

Irma C. Berning
Anoka, MN

CHICKEN CASSEROLE

4 chicken breasts, cooked and diced	1 can cream of mushroom soup, undiluted
1 pt. sour cream	1-7 oz. pkg. seasoned cube stuffing mix
	2 stalks celery, finely chopped

Grease a 9x13" pan. Prepare stuffing according to directions. Mix sour cream, mushroom soup, celery and chicken. Spread half of stuffing in pan. Spread chicken mixture, then spread remaining stuffing. Bake at 350° for 30 minutes.

Ann Zyber
Mt. Morris, MI

The world is like a mirror, reflecting what you do;
And if you face it smiling, it smiles right back at you.

ORIENTAL CASSEROLE

- | | |
|-------------------------------|------------------------|
| 1½ lbs. hamburger | 1 tsp. sugar |
| ⅓ C. celery, chopped | ¼ C. soy sauce |
| ⅓ C. onion, chopped | 2 T. water |
| 1 C. water | 1-16 oz. can chop suey |
| ¼ C. green pepper,
chopped | vegetables |
| ¼ C. cornstarch | 1 pkg. frozen peas |

Brown together hamburger, celery; add water and green pepper. Bring to boil. Blend together cornstarch, sugar, soy sauce and water. Add cornstarch mixture to hamburger mixture. Cook till thick and bubbly. Stir in chop suey vegetables. Break apart peas and add to hamburger mixture. Pour into 2-quart casserole and bake at 350° for 35 minutes. Top with chow mein noodles at the last 15 minutes of baking time.

Teresa Tentis
Elgin, MN

MY FAVORITE WILD RICE

- | | |
|------------------------------------|---|
| 2 C. wild rice | 2 medium green peppers,
finely chopped |
| 1 qt. boiling water | 2 pimentos, chopped |
| 1 T. salt | 1 tsp. thyme |
| 1 C. butter or margarine | ½ tsp. sage |
| 3 medium onions, finely
chopped | Salt and pepper |

Wash rice well in 3 or 4 changes of cold water. Cook covered in boiling, salted water for 20 minutes. Drain thoroughly. Melt butter, saute onions and green pepper until soft. Mix in pimento, thyme and sage. Add rice, toss lightly, but thoroughly. Season to taste. Bake covered in greased 2-quart casserole, 1 hour in 325° oven. Serves 12 - easily halved. Freezes well.

Mrs. Loretta Drew
Waukegan, IL

BROCCOLI RICE CASSEROLE

- | | |
|----------------------|---------------------------------------|
| 1/2 C. oleo | 1 1/2 C. diced celery |
| 3/4 C. diced onion | 1 pkg. (approx. 2 C.) frozen broccoli |
| 1 1/3 C. Minute rice | 1 can water chestnuts |
| 1 can mushrooms | 1 can cream of celery soup |
| 1 can mushroom soup | |
| 8 oz. Cheez Whiz | |

Saute the oleo, celery and onion until tender. Next, add the broccoli and simmer until the broccoli can be broken apart. Add the remaining ingredients and place in a greased 13" cake pan. Bake at 350° for 45 to 60 minutes.

Lucille Kunkel
Mapleton, MN

MINNESOTA WILD RICE CASSEROLE

- | | |
|---------------------------|---------------------------------|
| 1 C. uncooked wild rice | 1 clove garlic, minced |
| 1/2 C. butter | 1/4 C. chopped pecans |
| 1/2 lb. mushrooms, sliced | 3 C. chicken broth |
| 2 T. minced onions | Salt and pepper to taste |
| 2 T. minced green pepper | 2 C. cooked chicken (or turkey) |

Wash and soak wild rice in boiling water or soak overnight. Melt butter and add mushrooms, onion, green pepper and garlic. Cook 5 minutes, stirring often. Add pecans and cook 1 minute. Drain rice and add to mushroom mixture. Add broth, salt and pepper, chicken. Pour into a 1 1/2-quart greased casserole. Cover and bake in 325° oven for 1 hour. Then uncover and continue baking 20 to 25 minutes. Makes 6 to 8 servings.

Dorothy Costello
Arden Hills, MN

FROZEN HASH BROWN POTATO CASSEROLE

32 oz. frozen hash brown
potatoes

2 cans potato soup

½ pt. sour cream

8 oz. shredded Cheddar cheese

Onion flakes

½ C. milk

Combine soup, onion flakes, sour cream, cheese and ½ cup milk. Fold in frozen potatoes in a deep casserole dish, greased. Bake at 350° for 1½ hours. Test center of casserole for doneness.

Peg Murtaugh
New Hampton, IA

POTATO CASSEROLE

1-24 oz. pkg. Ore-Ida hash
browns

1-12 oz. pkg. Ore-Ida hash
browns

Thaw potatoes and break into pieces.

1 medium onion, chopped

Salt and pepper (optional)

1 can cream of chicken soup

8 oz. shredded Cheddar cheese

1 pt. sour cream

Mix all of the above together, place in large baking dish (10x15"). Crush ¾ cup cornflakes, sprinkle over mixture, melt ¼ cup butter or oleo and drizzle over top of mixture. Bake, uncovered, at 350° for 45 minutes.

Mary Bowen
Girard, PA

Hope is a light diet, but a very stimulating one.

SNOWY MASHED POTATO CASSEROLE

4 lbs. potatoes (about 12 medium)	1/8 tsp. pepper
8 oz. cream cheese, softened	1 clove garlic, crushed
1 C. dairy sour cream	1/4 C. chopped chives
2 tsp. salt	1/2 tsp. paprika
	1 T. butter

Cook potatoes in boiling, salted water until tender; drain. Mash potatoes in a large bowl. Add cream cheese, sour cream, salt, pepper and garlic. Beat with electric beater until smooth and light. Stir in chives. Spoon into lightly-greased baking dish; sprinkle with paprika and dot with butter. Bake in moderate oven (350°) for 30 minutes or until potatoes are lightly golden and heated. Serves 10.

Karen Robinson
Arlington, VA

OVEN CREAMED POTATOES

5 to 6 medium potatoes, boiled	1/8 tsp. pepper
1/4 C. butter	1 1/2 T. horseradish
1/4 C. flour	2 C. milk
1/2 tsp. salt	1/2 C. grated sharp Cheddar cheese
1/2 tsp. dry mustard	

Dice potatoes. In saucepan over very low heat, melt butter. Stir in remaining ingredients, adding cheese last. Cook, stirring until thickened. Place in greased 1 1/2-quart casserole. Add potatoes. Bake 45 minutes in a 375° oven.

Dorothy Burandt
Antioch, IL

TATER TOT CASSEROLE

1½ lbs. ground beef, lightly
browned
1 can cream of mushroom
soup (diluted with ½ C.
water)

1 small jar sliced mushrooms
1 medium onion, sliced thin
1-1 lb. pkg. Ore-Ida tater tots

Mix browned meat, half of the soup and mushrooms and pour into a lightly-greased casserole. Put sliced onions on top, then place tater tots on top of onion and pour the other half of mushroom soup over the tater tots. Bake at 350° for 1 hour or till tater tots are nicely browned. Serves 6 generous portions.

Emma M. Baddaker
Waukegan, IL

HASH BROWN POTATO CASSEROLE

3 pkgs. or 32 oz. hash
brown potatoes, thawed
(may be diced or
shredded)
½ C. melted butter or oleo
1 tsp. salt
¼ tsp. pepper

1 can cream of chicken soup
½ C. chopped onion
1 C. sour cream
2 C. grated Cheddar cheese,
optional

Blend butter, salt, pepper, can of soup, onions and sour cream. Add to thawed potatoes. Put into buttered 9x13" Pyrex dish. Top with 2 cups of crushed cornflakes or crumbs that have been mixed with 2 tablespoons of melted oleo or butter. Bake for 45 minutes at 350°. This may be prepared a day ahead. Potatoes will not turn dark. Also freezes well, but thaw before baking.

Pauline Post
Waukegan, IL

KRUGEL

1 lb. cooked noodles	4 eggs, beaten
2 C. sour cream	1 C. pineapple, crushed
1 C. sugar	1 C. cottage cheese
1 tsp. vanilla	1 stick oleo

Mix all ingredients, put in a greased 13x9" baking pan. Cover with a mixture of crushed cornflakes, ½ cup brown sugar and ½ stick oleo. Bake at 350° for 1 hour. Serve with sour cream or plain.

Joan Crowley
Conneautville, PA

KAPUSTA I KLUSKI MAKARON CASSEROLE (SAUERKRAUT AND KLUSKI NOODLE CASSEROLE)

1 pkg. or jar sauerkraut	2 or 3 medium yellow onions
1 pkg. kluski noodles	

Saute onions in butter. Cook noodles and drain. Drain and wash sauerkraut. In casserole dish, add cooked noodles and sauerkraut; add onions. Bake in oven at 350° for 1 hour. If desired, last 5 or 10 minutes, sprinkle on top some French fried onions. "Bardzo Smacznie."

Eva Jones
Gurnee, IL

NOODLE-SPINACH CASSEROLE

2-10 oz. pkgs. frozen spinach, cooked and drained	1 C. shredded process cheese (Cheddar)
2 C. cooked noodles	1-10½ oz. can condensed cream of mushroom soup
	½ C. milk
	1/8 tsp. ground nutmeg

Arrange layers of spinach, noodles and cheese in 1½-quart baking dish. Blend soup with milk and nutmeg. Pour over noodles and spinach. Bake covered for 30 minutes, then 5 minutes longer, uncovered.

Margaret Burba
Waukegan, IL

CHEESE PASTA IN A POT

2 lbs. ground beef	1-3 oz. can mushrooms
2 medium onions, chopped	8 oz. medium shell macaroni
1/8 tsp. garlic powder	1-16 oz. carton sour cream
1-14 oz. jar spaghetti sauce	1 lb. shredded mozzarella
1 can stewed tomatoes	cheese

Brown meat and drain. Add onion, garlic, sauce, tomatoes and mushrooms. Stir well and simmer until onions are softened. Meanwhile, cook macaroni as directed, drain and rinse in cold water. Pour 1/2 shells into a deep casserole (or make 2) and cover with 1/2 of sauce. Spread half sour cream and half of mozzarella. Repeat layers. Cover and bake at 350° F. for 35 to 40 minutes. Remove cover and bake until cheese melts and browns. Freezes well.

Martha Jo Church
Waukegan, IL

CHEESE CASSEROLE

2 slices bread, buttered and cut into cubes	1 C. milk
3/4 C. grated American cheese	2 beaten eggs
	Dash of dry mustard
	1/2 tsp. salt

Place bread and cheese in alternate layers in casserole or pan. Mix remaining ingredients together. Pour over bread and cheese layers. Let stand for 2 hours. Set casserole in pan of hot water. Bake in 350° oven for 1 hour. Yields 4 servings.

S.Sp.S. Sisters
Techny, Convent Kitchen

Being young is a fault which improves daily.

PIZZA CASSEROLE

2 C. small macaroni springs	1 small can pizza sauce
1 lb. hamburger	1 T. sugar
1 small onion	½ lb. pepperoni slices
15½ oz. can tomato sauce	½ to 1 lb. mozzarella cheese, shredded

Cook springs as directed on package; brown hamburger and onion. Mix sauce, pizza sauce, sugar, cooked springs and hamburger together. Pour ½ of mixture into casserole; add a layer of cheese and pour on balance of mixture; sprinkle with cheese, add pepperoni slices. Bake 45 minutes at 350°.

Mary Louise Little
Girard, PA

POP-UP PIZZA CASSEROLE

1½ lbs. ground beef	6 to 8 oz. sliced mozzarella cheese
1 C. chopped green pepper	POP-OVER BATTER:
1 C. chopped onion	1 C. milk
1 garlic clove, minced	2 eggs
½ tsp. ground oregano	½ tsp. salt
Dash of salt	1 T. oil
½ C. water	1 C. flour
1/8 tsp. hot pepper sauce	½ C. grated Parmesan cheese
15 oz. can tomato sauce	
1 env. spaghetti sauce mix	

Heat oven to 400°. In large skillet, brown ground beef and drain. Stir in onion, green pepper, garlic, oregano, salt, water, hot pepper sauce, tomato sauce and spaghetti sauce mix, simmer 10 minutes, stirring occasionally. In small bowl, combine milk, oil and eggs; beat 1 minute at medium speed. Lightly spoon flour into measuring cup, level off. Add flour and salt; beat 2 minutes at medium speed or until smooth. Pour hot meat mixture into ungreased 13x9" pan, top with cheese slices. Pour batter over cheese. Bake at 400° for 25 to 30 minutes or until puffed and deep golden brown. Serve immediately.

Geri Spreda
Ploner, WI

GREEN BEAN CASSEROLE

3-10 oz. pkgs. frozen, cut green beans	½ tsp. pepper
3 T. melted butter	1 T. dill seed
2 T. flour	1½ C. sour cream
	1 can French fried onion rings

Prepare beans according to package directions; drain. Combine 2 tablespoons melted butter and flour. Cook gently; remove pan from heat and stir in pepper, dill seed and sour cream. Fold in beans; place in a 2-quart casserole. Sprinkle crumbled French fried onion rings over top. Bake at 350° for 30 minutes. Serves 6.

Irene Kledzinski
Chicago, IL

SPINACH PIE

CRUST: (For 10" pie plate.)

2 C. crushed stuffing mix	¼ C. melted butter
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FILLING:

6 T. Parmesan cheese	4 oz. cubed Jack cheese
10 oz. chopped spinach (frozen & drained)	3 eggs
1 C. cottage cheese	¼ C. chopped onion
	½ T. salt
	Garlic powder to taste

Mix all ingredients together. Reserve 2 tablespoons of Parmesan cheese. Pour remainder into crust. Bake in a 350° oven for 35 minutes. Sprinkle 2 tablespoons Parmesan cheese on top. Serve warm.

Helen Broemelkamp
Waukegan, IL

BREAKFAST CASSEROLE

1 lb. bulk pork sausage	4 eggs, slightly beaten
6 slices white bread	2 C. milk
1 lb. grated Cheddar cheese	½ tsp. salt
	½ tsp. dry mustard

Fry sausage and drain. Butter 1 side of bread and place buttered side down in a well-greased pan, 13x9". Sprinkle cheese over bread. Combine eggs, milk, salt and mustard. Pour over bread and cheese. Sprinkle sausage on top. Cover and refrigerate overnight. Bake covered for 1 hour at 325°. Uncover and bake 15 minutes longer.

Katherine Vande Creek
Waukegan, IL

EGG CASSEROLE

1 lb. diced ham	2 C. milk
6 slices bread, cubed (judge according to eggs used)	1 C. Velveeta cheese (shredded)
6 to 12 eggs	1 tsp. salt
	1 tsp. dry mustard

Mix together. Put in 9x13" greased pan. Put in refrigerator for 12 hours. Warm to room temperature. Bake for 1 hour and 10 minutes in 350° oven.

Lisa Heller
Sumner, IA

Tomorrow is often the busiest day of the week.

EGG-BACON CASSEROLE

1 C. light cream	½ tsp. salt
1 C. milk	Dash of pepper
¼ C. butter or margarine	¼ C. chopped parsley
¼ C. flour	1½ doz. hard-boiled eggs, sliced
16 oz. sharp Cheddar cheese, grated	½ lb. bacon, cooked, drained and crumbled
¼ tsp. basil	2 C. buttered bread crumbs
¼ tsp. thyme	
1 clove garlic, crushed	

Make white sauce with first 4 ingredients. Add cheese, stirring until melted, then seasonings and parsley. Pour layer of sauce into 3-quart baking dish. Add layer of sliced eggs, then layer of bacon. Continue layers, starting and ending with sauce. Top with bread crumbs. Bake 20 minutes at 350°.

Doris Wood
Naperville, IL

SAUSAGE AND RICE CASSEROLE

2 lbs. bulk sausage	1 green pepper, chopped
1 C. onion, chopped	1 C. rice, uncooked
1 clove garlic, chopped	1 can cream of mushroom soup
1 C. celery, chopped	2 cans cream of chicken soup

Brown sausage in frying pan and pour off grease. Add chopped onion, garlic, celery and green pepper to sausage and simmer until tender. Wash rice and add to mixture in Pyrex baking dish along with the soups. Bake 1½ hours at 350°, stirring occasionally. Serves 6.

Marge Paletou
New Orleans, LA

SUE'S EGG CASSEROLE

MIX TOGETHER:

18 eggs
1 C. milk
1 C. sour cream
¼ tsp. pepper

ADD:

1 C. chopped ham
1 C. Cheddar cheese
1 cube melted margarine

Place in 9x13" pan and bake at 350° for 35 minutes.

Susan Kuhl
Worthington, MN

OKRA-BACON CASSEROLE

1½ lbs. tender okra
3 fresh tomatoes, chopped
1 onion, chopped

½ bell pepper, chopped
Salt and pepper to taste
5 strips bacon

Slice okra into thin rounds. Grease a 2½-quart casserole. Place layers of okra, tomatoes, salt and pepper, onion and bell pepper. Repeat layers. Lay bacon, overlapping on top. Bake at 350° for 1 hour. Serves 6 to 8.

Nola Holmes
Vicksburg, MS

DIET

You hear about magic pills and lotions,
To help you look slim and trim,
You read about real old-fashioned potions,
To help you curb your whim.

Crying won't help you, neither will yelping
Don't stay inside and hide,
But next time when offered a second helping,
Move your head slowly from side to side.

HAMBURGER AND POTATO CASSEROLE

1 lb. ground beef	1 C. water
5 medium potatoes, peeled and sliced thin	1 tsp. salt
1-10½ oz. can vegetable beef soup	1-3 oz. can French fried onion rings

Preheat oven to 350°. Crumble hamburger into 12" skillet, brown over medium-high heat, drain fat. Combine hamburger, potatoes, soup, water and salt in a 12x8" baking pan. Cover and bake for 30 minutes, stir. Bake uncovered for 55 to 60 minutes or until potatoes are tender and liquid is absorbed. Sprinkle onion rings over the casserole. Bake 5 minutes or until onion rings are heated.

MICROWAVE HAMBURGER AND POTATO CASSEROLE

1 lb. ground beef	1-10½ oz. can vegetable beef soup
5 medium potatoes, peeled and sliced thin	½ tsp. salt
	1-3 oz. can French fried onion rings

Crumble hamburger in a 12x8" baking dish. Microwave on high for 4 to 6 minutes or until set, or until meat loses most of its pink color. Break up the meat and drain fat. Stir in potatoes, soup and salt. Cover with waxed paper. Microwave high for 14 to 18 minutes or until potatoes are tender and liquid is absorbed, stirring after ½ of the cooking time. Stir the mixture and sprinkle onion rings over the top, microwave on high, uncovered, for 1½ to 3 minutes or until heated through.

Linda Watson
Lawler, IA

MARIE'S HAMBURGER CASSEROLE

3 T. butter	½ lb. Philadelphia cream cheese
1½ lbs. ground beef	½ C. sour cream
1 tsp. salt	1 T. poppy seed
¼ tsp. pepper	⅓ C. chopped onions
¼ tsp. paprika	⅓ C. green pepper
2-8 oz. cans tomato sauce	
1-8 oz. pkg. noodles, cooked	
1 C. cottage cheese	

In heavy skillet, melt 1 tablespoon butter, cook meat until brown. Mix in seasonings and tomato sauce, remove from heat, set aside. In a bowl, blend noodles, cottage cheese, cream cheese, sour cream and poppy seeds, reserve. Cook green pepper and onion in 2 tablespoons butter, till soft or 5 minutes. Add this to the noodles mixture. Arrange noodles mixture in casserole. Spread meat mixture over noodles. Bake at 350° for 35 minutes. Toss lightly before serving.

Marie Schafer
Brooklyn Park, MN

HAMBURGER CASSEROLE

1 to 1½ lbs. raw hamburger	1 can mushrooms
1 can peas	Onion
12 oz. frozen carrots (thawed out)	Cheese (Velveeta or Cheddar)
1 can cream of mushroom soup	Seasonings to taste
	Frozen potatoes

Flatten the thawed hamburger in a cake pan. Layer on top of hamburger the peas, carrots, sliced onion, mushrooms and seasonings. Lay slices of cheese over the top. Pour can of cream of mushroom soup over the top. Cover with frozen hash browns, tater tots or French fries. Bake, uncovered, for 1 to 1½ hours at 375°.

Sue Tiedt
Sumner, IA

PAT'S HAMBURGER CASSEROLE

1 lb. hamburger
1 small onion, chopped
Salt to taste
Pepper

1 lb. frozen hash browns
1 can cream of chicken soup
1 can cream of celery soup

Brown the hamburger, onion, salt and pepper. Spread over the bottom of casserole. Cover with hash brown potatoes. Bake about 45 minutes at 350°.

Pat Geerts
New Hampton, IA

MEATBALLS IN CASSEROLE

1½ lbs. ground beef
1 onion
1 egg

Cracker crumbs
Small amount of cream
Salt & pepper

Make in balls and brown.

SAUCE:

½ green pepper

2 onions

Brown together. Add 1 can tomato soup and ½ can water. Add meatballs. Put in casserole and bake 1 hour at 325° to 350°.

Lucille Madsen
Gurnee, IL

A friend is a person that knows you and still likes you.

OKTOBERFEST PORK CHOP CASSEROLE

4 or 5 slices bacon	2 or 3 large potatoes, peeled
1-16 oz. can sauerkraut	and sliced thin
4 to 6 pork chops, cut	1-16 oz. can solid pack
about ¾" thick	tomatoes, chopped
1 large onion, sliced thin	½ tsp. salt
	¼ tsp. pepper
	½ tsp. caraway seeds

Heat oven to 350°. Cover the bottom of a casserole with slices of bacon. Top the bacon with a layer of sauerkraut. Lay the pork chops on top with a layer of onion rings. Next, arrange a layer of thin potato slices. Cover with tomatoes. Season with salt and pepper and sprinkle on the caraway seeds. Cover and bake at 350° until meat is tender, about 2 hours.

Helen Sasavage
North Chicago, IL

If you are discouraged, read Isaiah 40.
If you are lonely or tearful, read Psalm 23.
If you need courage, read Joshua 1.
If the world seems bigger than God, read Psalm 90.
For a great invitation, read Isaiah 55.

PORK AND CHICKPEAS MEXICANA

2 lbs. boneless lean pork, cut into 1" cubes	½ lb. carrots (3 medium-size), sliced
¼ C. all-purpose flour for coating, or as needed	2 tsp. chili powder
¼ C. olive oil, or as needed	½ tsp. salt
6 green onions, sliced	½ tsp. ground cumin
2 cloves garlic, finely chopped	½ tsp. leaf oregano, crumbled
1-16 oz. can whole tomatoes	¼ tsp. ground coriander
1-15 oz. can tomato sauce	¼ tsp. pepper
1-4 oz. can chopped green chilies	1 lb. zucchini, sliced
	1-20 oz. can chickpeas, drained

Begin your Mexican fiesta with guacamole and corn chips and end with a platter of orange slices dusted with cinnamon-sugar. Pat pork dry with paper toweling. Coat pork with flour, shaking off excess. Heat about 2 tablespoons of the oil in large flameproof casserole. Brown meat in batches, adding more oil as necessary. As meat browns, remove to a plate. Saute green onion and garlic in fat remaining in casserole until tender but not browned, about 3 minutes. Add tomatoes, breaking up with wooden spoon, the tomato sauce, chilies, carrots, chili powder, salt, cumin, oregano, coriander, pepper and reserved pork; scrape up any browned bits from bottom of casserole with wooden spoon. Bring to boiling. Lower heat; cover and simmer 1 hour. Add zucchini and chickpeas. Cover and simmer 15 minutes or until meat is tender and mixture is heated through. Makes 8 servings.

Sr. Mary Antonia Rademacher, S.Sp.S.
Techny, IL

STAY-ABED STEW

2 lbs. beef stew meat, cubed	Dash of pepper
1 can tiny peas	1 can cream of celery soup (or mushroom or tomato soup thinned with ½ can water)
1 C. sliced carrots	1 big raw potato, sliced
2 chopped onions	Piece of bay leaf
1 tsp. salt	

Put the lid on and put the casserole in a 275° oven. Now go back to bed. The stew will cook happily all by itself and be done in 5 hours. Makes 5 to 6 servings.

Isabelle Rieser
Naperville, IL

ENCHILADA CASSEROLE

2 cans tomato soup	1 lb. hamburger
2-8 oz. cans tomato sauce	1 large onion, diced
12 tortillas	1 lb. grated American cheese
1 can ripe olives, drained and chopped	Dash of Tabasco

Combine soup and tomato sauce with dash of Tabasco in large bowl. Add bottled hot sauce to this mixture, if desired. Fry hamburger and onion. Roll individual tortillas and dip in sauce. Place half of rolled tortillas in casserole. Sprinkle with layers of meat, olives and cheese. Repeat layers. Pour sauce over all. Bake 45 minutes at 350°.

Marge Schaller
Arlington Heights, IL

SASSY ZUCCHINI

1 lb. ground beef	1 env. spaghetti sauce mix
1 C. chopped onion	1 tsp. salt
2 C. tomatoes, cut up (fresh or 16 oz. canned)	1 C. packaged precooked rice
$\frac{3}{4}$ C. water	4 C. 1" cut zucchini squash

In large skillet, cook ground beef and onions until meat is browned and onion is tender. Mix in undrained tomatoes, water, spaghetti sauce mix and salt. Bring to boiling. Stir in rice and zucchini. Cover tightly and simmer 15 to 20 minutes or until zucchini is tender, stirring occasionally. Serves 6.

After adding rice and squash, I put in covered casserole and bake at 375° for 1 hour. If baking, use about $\frac{1}{2}$ cup more water.

Isabelle Rieser
Naperville, IL

ZUCCHINI CASSEROLE

4 C. cubed zucchini	1 medium chopped onion
1 medium diced tomato	$\frac{1}{4}$ C. flour
$\frac{3}{4}$ C. grated Cheddar cheese	$1\frac{1}{4}$ C. milk
$\frac{3}{4}$ C. margarine	$1\frac{1}{2}$ C. crushed soda crackers
	Salt & pepper

Place zucchini in an 8" square pan and season with salt. Sprinkle the cheese and tomatoes over zucchini. In a separate pan, melt $\frac{1}{2}$ the margarine and saute onions. Add flour and stir until smooth. Add milk and stir until smooth. Season with salt and pepper. Pour sauce over zucchini. Melt remaining margarine and stir in cracker crumbs. Spread over casserole and bake in 350° oven for 1 hour or until tender.

Isabelle Rieser
Naperville, IL

PAINTED DESSERT VEGETABLE CASSEROLE

1-1 lb. pkg. frozen asparagus	1-6 oz. can water chestnuts
1-1 lb. pkg. frozen green beans	1-4 oz. can mushrooms
1 lb. pkg. frozen green peas	$\frac{1}{2}$ lb. mild Cheddar cheese (shredded)
1-10 or 12 oz. can cream of mushroom soup	$\frac{1}{4}$ lb. butter
	3 slices dried bread crumbs

Thaw vegetables; butter casserole dish. Layer ingredients as listed above. Pour soup, undiluted, over ingredients. Spread on grated cheese. Saute bread crumbs in butter and sprinkle on top. Bake at 350° for 40 minutes. Serves 8.

Sr. Betty Tranel, S.Sp.S.
Jackson, MS

EGGPLANT-SAUSAGE BAKE

3 large eggplants, cubed	1-6½ oz. pkg. stuffing mix
½ lb. hot pork sausage	½ tsp. pepper
1 C. chopped celery	2 C. shredded sharp Cheddar
1 C. chopped onion	cheese

Cook cubed eggplant in a small amount of water (about ¼ water to 1 eggplant), for about 10 minutes or until tender. Cover while cooking. Drain. Saute sausage, celery and onion until tender. Drain. Prepare stuffing according to directions on package. Combine stuffing, eggplant and sausage; add pepper and mix well. Spoon into greased 13x9x2" baking dish. Cover and bake at 350° for 10 to 15 minutes. Uncover top with cheese and bake, uncovered, 5 minutes longer. Serves 10 to 15.

Sr. Betty Tranel, S.Sp.S.
Jackson, MS

LO-CAL CABBAGE CASSEROLE

1 lb. hamburger	1 small head cabbage
1 can tomato soup	

Brown the hamburger with salt and pepper to season. Place in a roaster pan. Cut the cabbage and place over the meat. Add the soup and mix well. The mixture will look dry, but do not add water as it will make its own juice. Cover and bake at 350° for 1½ to 2 hours.

Lucille Kunkel
Mapleton, MN

CABBAGE WEDGE

1 small head cabbage	1 C. chopped onion
1 lb. ground beef	¼ C. uncooked rice
1 C. hot water	2 C. canned tomatoes
2 tsp. salt	¼ tsp. pepper

Remove tough outer leaves from cabbage. Cut in wedges and place in a buttered 3-quart skillet or casserole. Arrange onion, ground beef and rice between wedges. Combine tomatoes, water and seasoning and pour over contents of casserole. Cover and bake at 350° for 1½ hours.

Gert Kabachinski
Menomonee Falls, WI

BROCCOLI CASSEROLE

2 pkgs. frozen chopped broccoli	1 C. sharp cheese, grated
1 can cream of mushroom soup	½ C. mayonnaise
	2 eggs, beaten
	3 tsp. chopped onion

Cook broccoli in salted water and drain. Beat eggs, add soup, cheese, mayonnaise, onion and the drained broccoli. Place in greased casserole and bake at 325° for 20 to 25 minutes.

Mrs. Terry O'Hanion
Coral Gables, FL

BROCCOLI AU GRATIN

(AN EXCELLENT LOW-CALORIE RECIPE)

1 box frozen chopped broccoli	¼ tsp. pepper
1 C. dry cottage cheese	¼ tsp. steak sauce
2 eggs, slightly beaten	1 tsp. instant minced onion
¼ tsp. salt	4 T. butter, melted
1 tsp. seasoned salt	¼ C. soft bread crumbs

Cook and drain broccoli. Mix with all ingredients except butter and bread crumbs. Stir in 2 tablespoons butter and put in a small shallow baking dish or pie pan. Mix remaining butter and bread crumbs; sprinkle on top. Bake for 30 minutes at 350°. This may easily be doubled. Serves 4 to 6.

Nola Holmes
Vicksburg, MS

The greatest remedy for anger is delay.

BROCCOLI CORN BAKE

- | | |
|---|---|
| 1-16 oz. can cream-style corn | 2 T. butter or oleo, melted |
| 1-10 oz. pkg. frozen chopped broccoli, cooked and drained | ½ tsp. salt |
| 1 beaten egg | Dash of pepper |
| ½ C. coarse saltine cracker crumbs (12 crackers) | ¼ C. coarse saltine cracker crumbs (6 crackers) |
| 1 T. minced onion | 1 T. oleo, melted |

Combine corn, broccoli, egg, ½ cup coarse cracker crumbs, onion, 2 tablespoons melted oleo, salt and pepper. Put in 1-quart casserole pan. Combine ¼ cup cracker crumbs and remaining oleo and sprinkle over vegetable mixture. Bake, uncovered, in 350° oven for 35 to 40 minutes. Makes 6 servings.

Lillian Jilk
Kenosha, WI

BROCCOLI CASSEROLE WITH RICE

- | | |
|--|-----------------------------|
| 1 pkg. frozen chopped broccoli, cooked and drained | ½ small onion, chopped |
| 1 C. instant rice, cooked as directed on pkg. | 1 C. milk |
| 2 tsp. melted butter | 1 can cream of chicken soup |
| | ½ C. cheese spread |

Mix together cooked broccoli and cooked rice. Add butter, onion, milk, soup and pour into greased casserole. Bake, uncovered, 25 minutes at 350°. Remove from oven. Add cheese spread. Return to oven. Bake for 10 more minutes. (Dry onion may be used.) Excellent.

Mrs. Marie W. Kaalberg
Nichols, IA

BROCCOLI CASSEROLE WITH MUSHROOM SOUP

2 C. Minute rice (uncooked)	1 small jar Cheez Whiz
1-4 oz. can mushrooms, drained	1-20 oz. bag frozen broccoli
2 C. milk	2 medium onions, chopped fine
2 cans mushroom soup	Salt and pepper to taste

Allow broccoli to thaw. Mix with all other ingredients. Bake (covered) at 350° for 45 minutes.

Peggy Gattr
Vulcan, MI

RICE AND BROCCOLI CASSEROLE

2 C. Minute rice	1-8 oz. can mushrooms, drained
½ C. chopped celery	1 can cream of mushroom soup (do not dilute)
½ C. chopped onion	8 oz. colby cheese, grated
1-8 oz. pkg. frozen chopped broccoli	

Preheat oven to 350°. Cook celery, onion and broccoli together; drain. Add mushrooms. Mix above ingredients with **cooked** rice and place in a greased casserole dish. Mix mushroom soup and cheese together. Pour over top of casserole. Stir a little to let soup into rice. Bake for 30 minutes. Serves 6.

Chris & Morry Holthaus
Fredericksburg, IA

YELLOW SQUASH CASSEROLE

2 C. cooked squash, drained	2 eggs, beaten
1 C. hot milk	1 medium-size onion
8 soda crackers, coarsely crushed	½ stick oleo or butter
	Salt and pepper to taste

Sear onion in oleo. Add to drained squash, then add eggs and milk, salt and pepper to taste. Pour ½ squash mixture in greased casserole. Add ½ of coarsely crushed cracker crumbs, then add rest of squash and top with rest of cracker crumbs. Dot with butter or oleo and bake in moderate oven about 25 to 30 minutes.

Mrs. Frank Bartsch
Paris, AR

VEGETABLES



MISSISSIPPI BLACK-EYED PEAS

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|--|----------------|
| 1 lb. dry black-eyed peas | 1 medium onion |
| 1 lb. salt pork or ham hock
(½ lb. is adequate) | 1 rib celery |

Soak black-eyed peas in regular tap water for 3 hours. Drain. Put black-eyed peas in medium-size pot and cover with tap water. Water should be about 1 to 2" over peas. Add salt pork, after cutting it into small hunks. Add cubed onion and celery. Cover and let simmer for about 2 hours. Ready to serve.

Sr. Betty Tranel, S.Sp.S.
Jackson, MS

BAKED BEANS WITH CHEESE

- | | |
|---|------------------------------|
| 1 can kidney beans, drained | ⅓ C. brown sugar |
| 1 can butter beans, drained | ½ C. granulated sugar |
| 1 can B & M baked beans | 1 onion, diced |
| 8 slices uncooked bacon,
cut in small pieces
(optional) | 2 T. Worcestershire sauce |
| | ½ lb. Velveeta cheese, cubed |

Mix all ingredients together in a casserole and bake for about 2 hours at 350°. This is also very good done in a crock pot.

Beatrice Ackley
St. Cloud, MN

EASY BAKED BEANS

- | | |
|--|-------------------------|
| 2-1 lb. cans pork and beans
in tomato sauce | ¾ C. brown sugar |
| 1 tsp. dry mustard | 6 slices bacon, chopped |
| | ½ C. catsup |

Empty 1 can beans into 1½-quart casserole. Combine the brown sugar and mustard. Sprinkle ½ of mixture over the beans. Top with the other can of beans and sprinkle on the remaining sugar mixture, the chopped bacon (uncooked) and the catsup. Bake, uncovered, at 325° for 2½ hours. Makes 6 servings.

Mrs. Vennie Brandt
Fort Atkinson, IA

BAKED BEANS

1 lb. beans	1 T. maple syrup or maple-flavored syrup
½ C. white sugar	2 T. ketchup
2½ tsp. salt	¼ tsp. thyme
1 tsp. ginger	¼ tsp. parsley flakes
1¼ tsp. mustard	¼ tsp. pepper
1/8 lb. butter or margarine	
3 T. molasses	

Bake 10 hours at about 275°. Soak overnight. Drain and parboil for 1 hour. Into a pint of hot water, put all seasoning ingredients. Pour all over beans in a bean pot at least 5 years old. Add enough hot water to cover the beans. Add water throughout the cooking as needed. A pot of beans baked as given, warm apple pie or at least room temperature, a chunk of honest rat cheese or a Cheddar substitute plus 2 cups of real coffee is an ideal way for any man to end a week's living. This recipe has built America for the pioneers and will rekindle the spirit of any who follow it.

Mary Rose Dougherty
Waukegan, IL

CALICO BEANS

1 can kidney beans	1 T. vinegar
1 can butter beans	1 T. prepared mustard
1 can pork and beans	1 lb. hamburger
1 C. brown sugar	½ lb. bacon (optional)
1 C. ketchup	1 chopped onion

Brown onion, hamburger and bacon together. Mix with all the other ingredients. Bake at 350° for 45 minutes.

Sister Elizabeth Ann Dudas, S.Sp.S., Waukegan, IL
Dorothy Lazan, Girard, PA

DILLED ZUCCHINI

2 lbs. zucchini, cut in strips	¾ tsp. salt
2 T. butter or margarine	1 T. sugar
1½ T. flour	1 C. sour cream
2 T. lemon juice	2 T. chopped fresh dill or
	1 tsp. dill weed

Cook squash in butter 3 minutes. Sprinkle flour over. Mix gently. Add ⅓ cup cold water, lemon juice, salt and sugar. Simmer 5 minutes. Remove from heat; blend in cream and dill. Makes 6 servings.

Isabelle Rieser
Naperville, IL

ZUCCHINI WITH MOZZARELLA

2 T. salad oil	4 medium zucchini (about
1 medium onion, diced	2 lbs.), cut in ½" slices
1 medium green pepper, diced	¾ tsp. salt
1 small garlic clove, minced	½ tsp. sugar
1-16 oz. can tomatoes	½ tsp. oregano
	¼ tsp. basil
	1-8 oz. pkg. mozzarella cheese, coarsely shredded

Saute onion, green pepper and garlic in hot oil in skillet until vegetables are tender. Add tomatoes with liquid and next 5 ingredients, heat to boiling. Reduce heat to low and simmer until zucchini is tender crisp, about 15 minutes, stirring occasionally to break up the tomatoes. When zucchini is done, sprinkle evenly with cheese, cover and simmer about 3 minutes or until cheese is melted.

Margaret Wilson
Durham, NC

BAKED STUFFED ZUCCHINI

- | | |
|--|-----------------------|
| 3 medium-size zucchini
(about 1 lb.), ends
trimmed | 2 T. minced onions |
| 1½ C. crumbled buttery
round crackers | 1½ T. minced parsley |
| ½ C. grated Parmesan
cheese, divide in half | ½ tsp. salt |
| | 1/8 tsp. pepper |
| | 1 egg, lightly beaten |
| | 1 T. butter |

Cook zucchini in boiling, salted water to cover in large pot, 5 minutes. Drain, halve lengthwise; scoop out pulp with spoon, leaving shell intact. Coarsely chop pulp and combine with cracker crumbs, ¼ cup Parmesan cheese, onion, parsley, salt, pepper and eggs in bowl. Spoon mixture into shells, mounding in center. Dot with butter and sprinkle with remaining cheese. Place in baking dish. Bake in preheated 350° oven for 30 minutes or until lightly browned. These are remarkably tasty. Makes 6 servings.

Betty Cella
Arlington Heights, IL

BROCCOLI-CORN DISH

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|---|------------------------|
| 1 small box frozen, chopped
broccoli (thawed &
drained) | 2 T. minced onion |
| 1 can cream-style corn | 4 T. melted butter |
| | 1 egg |
| | Salt & pepper to taste |

Mix together in casserole dish. Mix together 1 cup croutons, 4 tablespoons melted butter and 4 slices crumbled bacon and top broccoli/corn mixture. Bake, covered, at 350° for 1 hour.

Cathy Sprea
Stevens Point, WI

SPINACH SUPREME

3-10 oz. pkgs. frozen chopped spinach	2 C. sour cream ½ C. croutons
1 pkg. dry onion soup mix	2 T. melted butter

Cook spinach according to package directions. Drain well. Add soup mix and sour cream to spinach and stir well. Pour into a greased 1½-quart casserole. Top with croutons. Drizzle with butter. Bake, uncovered, at 375° for 20 to 25 minutes. Serves 8 to 10.

Peggy Dwyer
Glenview, IL

CREAMED SPINACH

2 oz. bacon, minced	½ pt. scalded half and half
1 oz. butter	1 lb. spinach, cooked and chopped
Flour	Garlic salt (to taste)

Saute the bacon until crisp. Add butter and sufficient flour to make a smooth roux. Add scalded half and half and simmer for 10 minutes. Add garlic salt and combine with spinach and mix thoroughly. Serve immediately.

Caroline Carlton
Chicago, IL

SPICY VEGETABLE STIR-FRY

¾ to 1 lb. fresh broccoli	1/8 tsp. dried crushed red pepper
¼ C. oil	1 C. sliced fresh mushrooms
1 medium zucchini, cut into julienne strips	2 tsp. almonds
1 small onion, halved lengthwise and thinly sliced	2 tsp. soy sauce

Trim and discard tough ends from broccoli stalks. Cut stalks into thin slices. Separate heads into flowerets. Heat oil in large skillet. Add broccoli, zucchini, onion and red pepper. Stir-fry over medium-high heat about 5 minutes or until broccoli is tender-crisp. Add mushrooms. Stir-fry 1 minute longer or until mushrooms are tender. Stir in almonds and soy sauce.

Ann Viernes
Chicago, IL

RATAOUILLE

- | | |
|--|--|
| 1 medium eggplant, peeled
and sliced ½" rounds | 1 pt. mushrooms, quartered |
| 2 medium green peppers,
cut into ½" wide strips | 2 or 3 garlic cloves, minced |
| 2 medium zucchini,
unpeeled and sliced into
thick rounds | 3 large onions, cut into
quarters or sixths |
| 3 large tomatoes, cut into
quarters or sixths | Olive oil |
| | Regular oil |
| | Salt |

Salt both sides of eggplant and let sweat on a paper towel. (Takes excess water and bitterness out of eggplant.) Pour oil ($\frac{2}{3}$ olive and $\frac{1}{3}$ regular) $\frac{1}{4}$ " deep in big frying pan. Add garlic. Heat over low flame. Add onion and green pepper to oil and simmer, uncovered, 20 minutes or so. Slice eggplant into strips $\frac{1}{2}$ " wide. Add eggplant and zucchini to frying pan. Simmer 10 minutes or so. Lastly, add mushrooms and tomatoes. Cook till just tender. Salt or season to taste while cooking or after.

Joan Margaret Nieses
Northfield, IL

BAKED VEGETABLE MEDLEY

- | | |
|--|---------------------------------------|
| 1½ C. onion, sliced | 1/8 tsp. pepper |
| 1½ C. carrots, sliced or in
thin strips about 1" long | 3 T. tapioca |
| ¾ C. green pepper in thin
strips about 1" long | 2 C. sliced celery |
| 2 tsp. salt | 2 C. frozen green beans,
separated |
| | 2 C. canned tomatoes,
broken up |

Combine ingredients and place in casserole; cover tightly. Bake in 350° oven for 1 hour and 10 minutes. (If desired, green beans may be omitted.) Recipe makes 8 to 10 servings.

Anna Mary Carr
New Hampton, IA

ORIENTAL VEGETABLE STIR-FRY

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|--|-----------------------------|
| 2 T. vegetable oil or margarine | ½ C. sliced fresh mushrooms |
| 6 C. cut Chinese cabbage or bok choy | ½ lb. fresh pea pods |
| 1 C. fresh bean sprouts | 1 tsp. sugar |
| 8 oz. can sliced water chestnuts (drained) | 1 tsp. soy sauce |
| | ¼ tsp. garlic powder |

In large skillet, melt margarine or oil; add vegetables, stir-fry over high heat for 3 to 4 minutes until crisp tender. Stir in sugar, soy sauce and garlic powder. Heat thoroughly for 1 to 2 minutes. Serve immediately.

Chita B. Acosta
Waukegan, IL

SWISS VEGETABLE MEDLEY

- | | |
|---|--|
| 1-16 oz. bag frozen broccoli, carrots and cauliflower, thawed and drained | ⅓ C. sour cream |
| 1 can cream of mushroom soup | ¼ tsp. pepper |
| 4 oz. shredded Swiss cheese (or mozzarella cheese) | 1-4 oz. jar chopped pimento (optional) |
| | 1-2.8 oz. can French fried onions |

Combine vegetables, soup, ½ cup cheese, sour cream, pepper, pimento and ½ can of the onions. Pour into 1-quart casserole. Bake covered at 350° for 30 minutes. Top with remaining cheese and onions and bake, uncovered, for 5 minutes longer or until cheese is melted.

Maxine Gorman
New Hampton, IA

STUFFED MUSHROOM PARMA

- | | |
|--|--------------------------|
| 1 lb. fresh large mushrooms | ¼ C. melted margarine |
| ½ C. (2 oz.) grated
Parmesan cheese | 1 T. chopped green onion |

Remove stems of mushrooms and chop. Combine stems, cheese, margarine and onion. Fill mushroom caps. Place on rack of broiler pan. Broil 2 to 3 minutes or until top of filling is slightly crusty. Serve hot.

Ann Viernes
Chicago, IL

CORN BAKE

- | | |
|--|-----------------------------|
| 1 small onion, chopped | 1-#303 can cream-style corn |
| ½ green pepper, chopped | 3 eggs |
| ½ C. margarine | 1 C. milk or cream |
| 1-#303 can whole kernel
corn, drained or
equivalent of frozen corn | 1 C. sour cream |
| | 1 C. corn meal |
| | 1 C. cubed ham |
| | Salt & pepper to taste |

Saute onions and green pepper in margarine. Add to rest of the ingredients. Put in well-greased casserole. Top with following topping: ¼ cup margarine and 2 cups crushed cornflakes. Bake 45 minutes to 1 hour at 350°. Sets up quickly at the end.

Clare Staebell
Waterloo, IA

BRUSSELS SPROUTS GRATEN

- | | |
|-----------------------------|--|
| 1 lb. Brussels sprouts | 1 T. unsalted butter for
greasing graten dish |
| 2 oz. bacon, about 4 strips | 4 T. butter, broken into dots |
| ½ C. whipping cream | 1 T. fresh bread crumbs |

Heat oven to 400°. In a large pot of boiling, salted water, blanch sprouts until they are crisp tender. Drain. Saute the bacon until limp but not crisp. Drain the bacon on paper toweling; coarsely chop the bacon. Mix the sprouts and bacon together and spread the mixture in a buttered 1-quart graten dish. Pour the cream over the mixture and dot with butter and bread crumbs. Bake for 20 minutes or until hot.

Caroline Carlton
Chicago, IL

HONEY-GLAZED CARROTS

8 medium carrots, scraped or peeled	¼ C. honey
2 T. sugar	2 T. margarine
¼ C. water	2 T. orange juice
	½ tsp. salt

Slice carrots. Combine carrots, water and sugar in saucepan. Cover and cook until crisp tender. Drain carrots, reserving ¼ cup of liquid, set aside. Combine ¼ cup of carrot liquid and next 4 ingredients in saucepan. Bring to boil and cook 5 minutes. Add carrots. Reduce heat and simmer until carrots are tender. Makes 4 to 6 servings.

Mrs. Frank Bartsch
Paris, AR

STIR-FRY CAULIFLOWER (INDIA)

1 large head fresh cauliflower or 2 small ones	½ tsp. ground turmeric
1 medium-size onion, peeled and chopped	1 T. lemon juice
1 medium-sized fresh or canned tomato, peeled and chopped	1 fresh green chili pepper, washed and sliced
4 cloves garlic, peeled and chopped	1½ tsp. salt
1 piece fresh ginger (2" long), peeled and chopped	8 T. vegetable oil
	1 T. chopped Chinese parsley
	1 tsp. ground paprika

Blend garlic, ginger and onion with 4 tablespoons of water to a paste. Break off cauliflower into small flowerets. Wash and drain them. Heat the oil in a heavy-bottomed pot over medium flame. When the oil is very hot, add the mixture from the blender, turmeric and fry, stirring for 5 minutes. Now, place the green chili and tomato for 5 minutes and fry. Add 1 teaspoon warm water at a time to avoid sticking to the pot. When it is done, add cauliflower, salt and lemon juice and mix well. Add 4 tablespoons of warm water (or less), stir, cover, lower the flame and cook slowly for 40 to 45 minutes. Every 10 to 15 minutes, stir gently. Cauliflower is done when each piece is tender. Serve warm as a vegetable dish. Serves 6 to 7.

Sr. Kusum Cherian, S.Sp.S.
Bombay, India

CABBAGE WITH FRESH COCONUT (INDIA)

1 medium-size head of cabbage	1 to 2 hot green chili peppers, thinly sliced
1 large onion, sliced	1 piece of ginger, finely chopped
½ fresh coconut, grated	4 T. oil
½ tsp. mustard seeds	Salt to taste

Remove the damaged leaves, wash, cut into 4 pieces. Shred the cabbage lengthwise finely. Heat the oil over medium flame; add mustard seeds. When it starts to pop, add onions and stir-fry for 3 minutes. Now add the coconut, green chilies and ginger. Stir well to prevent from burning until it is lightly brown. Then add the cabbage and salt, mix well. Put the lid on and lower the flame. Cook for 2 to 4 minutes. Serve with rice. Serves 4 to 6.

Sr. Metilda George, S.Sp.S.
Bombay, India

KAPUSTA (POLISH)

Saute 1 onion in 2 tablespoons bacon fat. Add 1 can rinsed sauerkraut and put on top 1 cut-up (fine) head of cabbage. Add 2 cups of water and 2 tablespoons of brown sugar. Salt and pepper to taste. Simmer slowly for 2 hours.

Lillian Jilk
Kenosha, WI

FRIED SQUASH BLOSSOMS

Wash carefully and drain 12 large squash blossoms (just ready to open).

BATTER:

2 eggs, beaten	1 tsp. salt
1 C. flour	¼ tsp. cayenne pepper
1 C. water	½ tsp. turmeric

Heat oil to 375°. Dip blossoms in batter and fry (less than 1 minute) till brown. Drain and serve warm.

Joan Crowley
Conneautville, PA

SAMBAR CURRY (INDIA)

1 C. dal	1 T. sambar powder
2 T. tamarind juice	3 T. oil
1 lb. vegetables (beans, potatoes, carrots), cut them into 1" long and 1/4" thick	1 tsp. mustard seeds 5 to 6 curry leaves Salt to taste 1/2 onion, sliced 3 red peppers, halved (optional)

Wash the dal and cook in a pint of water till it becomes a paste. Cook the vegetables with the tamarind juice, sambar powder, salt and 1 pint of water. Simmer and add the dal paste. Bring to a boil. Put the oil in a frying pan. Fry the curry leaves and mustard seeds, when the seeds begin to splutter add 1/2 an onion, sliced, and 3 red peppers, halved. When it becomes golden brown, pour it into the mixture. Serve with rice.

Ingredients available in Indian store.

Sr. Julitta, C.M.C.
Gary, IN

BUTTERED NOODLES WITH CRISP BROWNED SHALLOTS

Oil for frying shallots	1/2 lb. medium egg noodles
1/2 lb. large shallots, peeled and sliced thin crosswise	2 T. unsalted butter, softened

In a large, heavy skillet, heat 1/2" of oil over moderately-high heat until hot, but not smoking in it, fry shallots, stirring occasionally, for 2 to 3 minutes or until just golden. Transfer with slotted spoon to paper towels, drain well. In a kettle of boiling, salted water, cook noodles 7 to 9 minutes or until tender, drain well and return to kettle. Toss with salt, pepper and butter. Place on serving dish and sprinkle with shallots. Just wonderful.

Betty Cella
Arlington Heights, IL

HALUSHKI (NOODLES AND CABBAGE)

1 medium pkg. broad
noodles

1 head cabbage (about 3 lbs.)
4 T. margarine, heaping

Cook noodles and drain. Chop cabbage fine and fry in butter, stirring often until done. Mix noodles and cabbage and pour over all 6 tablespoons melted margarine. Season to taste.

Dorothy Jancosek
Cedar Lake, IN

QUICK AND EASY WILD RICE

½ C. wild rice
½ C. white rice
1 stick margarine

3 bouillon cubes (chicken or
beef)
3 C. hot water
1 onion, chopped

Salt and pepper to taste

Dissolve bouillon cubes in hot water. Mix all ingredients together. Put in casserole and bake at 350° for 2 hours or until done.

Loyce Horan
New Hampton, IA

RISOTTO (ITALIAN RICE DISH)

1 lb. rice
¼ lb. butter
2 saffron (spice)
½ onion, chopped
1 clove minced garlic
Salt to taste

¼ C. mushrooms
1½ C. cooked chicken &
giblets (cut up)
2 qts. chicken broth
½ C. grated Parmesan or
Romano cheese

Melt butter in pot large enough to hold 1 pound cooked rice. Saute onions, garlic and mushrooms. Add rice and 1 quart of broth. Stir and add saffron, mix well. Rice turns yellow and the saffron gives it a foreign flavor. Add broth a little at a time until the rice is cooked. Cut up chicken and giblets may be added before rice has finished cooking. Risotto should be thin but not soupy or too dry. Serve topped with grated cheese. Serves 7. Buon mangia!

Sr. Fran Raia, CPPS
St. Louis, MO

SPANISH RICE

1 T. oil	¼ C. chopped onion
1 C. white rice	½ chopped bell pepper
1-8 oz. can tomato sauce	2 stalks chopped celery with leaves
3 C. water	1 clove minced garlic

Brown rice lightly in hot oil. Add remaining ingredients and bring to a boil. Lower heat and simmer till rice is done and water is absorbed, but rice is not dry. This takes about 20 minutes.

Becky Huthmacher
Phoenix, AZ

FRIED RICE

Rinse 1 pound rice (enough for both recipes) in cold water till water is clear. Cook according to directions (about 2 minutes). Let rice get cold. Put small amount of oil in pan. Fry cold rice till it dries out.

SLICE AHEAD:

1 can mushrooms, sliced
1 can bamboo shoots
2 carrots (slice diagonally)
1 small onion, chopped
⅓ lb. stew meat, sliced thin
4 stalks celery, sliced

MARINATE STEW MEAT IN:

1 T. cornstarch
Water (just enough to make it smooth)
1 tsp. soy sauce
1 tsp. salt
1 tsp. brown gravy sauce or Kitchen Bouquet for coloring

Add a small amount of oil to pan. Fry half the chopped onion till brown. Add carrots and celery (fry about 5 minutes). Add bamboo shoots and mushrooms.

SEASON WITH:

1 tsp. seasoned salt	1 tsp. pepper
1 tsp. salt	1/8 tsp. ginger
1 tsp. sugar	

Push vegetables aside in pan. Fry meat mixtures, then mix together. Serve over fried rice. (Add soy sauce to taste.) Mix 6 eggs (scrambled and fried) with ⅓ pound bacon (chopped, fried crisp and drained) and half of your chopped onion (fried till brown) together. Add fried rice, cook till everything is hot. Serve with soy sauce.

Sr. Arnolda Chang, S.Sp.S.
Norway, MI

RICE WITH SPICES (INDIA)

- | | |
|--|--|
| 1 medium-sized onion, cut
into fine cubes | 5 black peppercorns |
| 2 T. vegetable oil | 2 cinnamon sticks, crushed
slightly |
| 3 cardamon pods | 2 C. long grain rice |
| 3 cloves | 1 tsp. salt |

Heat the oil in a heavy-bottomed pot (3- to 4-quart) over medium heat. When the oil is very hot, fry the onion until they are golden brown and crisp. Remove the onion to a paper towel. Now fry cardamon, cinnamon, cloves and pepper for 10 to 15 seconds. When the color begins to change, add rice, fry and stir for 1 to 2 minutes. Pour 3 cups of warm water and salt. When it begins to boil, cover and reduce the heat to a very low flame. Cook for 25 to 30 minutes, until done. During its cooking, it is good to stir gently with a fork when half done. Lid should be tight-fitting. Break all the lumps with a fork and serve warm with any chicken curry dishes. Serves 5 to 6.

Sr. Metilda George, S.Sp.S.
Bombay, India

LEMON YELLOW RICE (INDIA)

- | | |
|--|---|
| 2 C. long grain rice | 2 T. lemon juice |
| 1 tsp. salt | 3 cloves garlic, peeled and
chopped |
| 1 T. butter | 2 T. vegetable oil |
| 1 medium-sized onion,
peeled and cut into fine
cubes | ¼ tsp. ground turmeric (more
for stronger color) |

In a heavy-bottomed pot with a tight-fitting lid, cook rice with 3 cups of water, butter and salt. Bring to boil, cover and then turn simmer for a low flame. Cook for 25 minutes. Lift the cover and quickly check if it is done (avoid well done). Heat the oil in a large skillet over a medium flame and fry the fine cubes of onion and chopped garlic. When the onion is about to turn brown, add turmeric and stir for a minute. Now add the cooked rice and mix with a fork. Sprinkle the lemon juice and mix well. Check for salt and remove from the flame. Serve warm and add your own decoration (cashew nuts, raisins). Serves 5 to 6.

Sr. Kusum Cherian, S.Sp.S.
Bombay, India

DRY POTATOES (INDIA)

- | | |
|---|--|
| 7 medium-sized potatoes,
boiled in their jackets
and cooled | 1 T. lemon juice
10 T. vegetable oil
1 tsp. salt |
| 1 tsp. whole black mustard
seeds | ½ tsp. ground turmeric
1/8 tsp. ground asafetida |
| 12 fenugreek seeds | |

Peel the potatoes and cut them into pieces about 1x½". In a 10 to 12" pot, heat the oil over medium flame. When the oil is very hot, put the asafetida. About 4 to 5 seconds later, put the mustard seeds and then fenugreek seeds. As they begin to change color and pop add the potatoes, turmeric and salt. Fry them on medium heat for 15 to 20 minutes. When the potatoes are browned unevenly, add lemon juice, turn gently and check for salt. Serve warm with bread. Serves 6 to 7.

Sr. Kusum Cherian, S.Sp.S.
Bombay, India

POTATO SKINS

- | | |
|------------------|------------------|
| 4 large potatoes | Paprika to taste |
| 1 T. olive oil | |

Preheat oven to 450° F. Scrub potatoes well, cut them lengthwise into 6 wedges the size and shape of dill pickle spears and dry them on a paper towel. In a large bowl, toss potato spears with olive oil until they are well covered. Spread potatoes on a baking sheet, dust them with paprika and bake for 20 to 30 minutes or until fork tender.

Mary Jane Staebell
Jesup, IA

KUGELIS (LITHUANIAN)

- | | |
|--------------------------|--------------------|
| 10 medium potatoes | 2 eggs |
| ½ lb. bacon, cut up thin | 1 large can Milnot |
| 1 onion, chopped fine | Salt & pepper |

Grate potatoes, do not drain juice of potatoes. Fry bacon and onion till crisp. Add to potatoes and salt and pepper to taste, then mix in eggs and Milnot. Grease baking dish. Bake for 2 hours at 400°, then turn oven down to 350° and bake for ½ hour.

Mavis Landsverk
Wadsworth, IL

TEXAS POTATOES

2 lb. pkg. hash browns	½ C. grated onion
½ C. melted margarine	1½ cans cream of chicken soup
1 T. salt	1 pt. cultured sour cream
1 tsp. pepper	

Mix all ingredients and spread evenly in a well-greased 9x13" pan. Top casserole with 1 cup crushed cornflakes. Bake 1 hour, uncovered, at 350°.

Mary Pat Steveson
Whitefish, MT

QUICK SCALLOPED POTATOES

5 large potatoes, sliced	1 can mushroom soup or cream of chicken
1 onion, sliced	4 oz. Velveeta cheese, ham or fried bacon
1 tsp. salt	

Preheat oven to 325°. Precook potatoes, onions and salt in water till almost done, but yet very firm (do not overcook). Drain and put into buttered casserole. Add leftover ham or fried bacon, cut in pieces, soup and grated cheese which was heated together till melted. Do not use the potato water. Bake at 325° for 30 minutes. Delicious.

Duffy Collins
New Hampton, IA

AU GRATIN POTATOES

6 medium or 5 C. diced, cooked potatoes	2 C. milk
¼ C. butter	½ tsp. salt
¼ C. enriched flour	2 C. grated process American cheese (I use Cheddar.)

Cook potatoes in boiling, salted water till tender; drain, peel, cool and dice. Place potatoes in a 13x9½" greased baking dish. Melt butter, blend in flour. Add milk and cook over low heat till thick, stirring constantly. Remove from heat, add salt and half of grated cheese. Stir till cheese melts. Pour sauce over potatoes; sprinkle top with remaining cheese. Bake in moderate oven (375°) for 25 minutes or till golden brown on top. Makes 8 servings.

Mrs. Thomas Wall
Harper Woods, MI

KAY'S AU GRATIN POTATOES

32 oz. pkg. shredded hash browns	1/2 C. milk
1/2 C. butter + 2 T. butter	1/2 C. chopped green onions
1 can cream of chicken soup	2 C. grated Cheddar cheese
1 pt. sour cream	1 C. crushed cornflakes

Mix together soup, sour cream, milk, Cheddar cheese and onions. Add this mixture to potatoes. Melt 1/2 cup butter and pour into 9x12" pan. Add potato mixture, cover with cornflakes. Pour 2 tablespoons melted butter over the top. Bake at 350° for 1 hour or until potatoes are tender.

Kay Welper
New Hampton, IA

SCALLOPED POTATOES

1-32 oz. frozen Ore-Ida diced hash browns	1 can cream of celery soup
1 can cream of potato soup	1-8 oz. carton sour cream
	Chopped green onions to taste
	1 C. grated Cheddar cheese

Mix all ingredients except cheese. Put in greased 13x9" pan. Sprinkle grated cheese on top and bake in 325° oven for 1 hour.

Terry Spreda
Stevens Point, WI

ROADSIDE POTATOES

4 C. half and half cream	2 lb. pkg. frozen hash browns (thawed)
1/2 C. margarine or butter	
1 1/2 tsp. salt	1/2 C. Parmesan cheese

Heat cream, butter and salt. Place potatoes in oblong baking pan. Pour cream mixture over potatoes. Sprinkle top generously with cheese. Bake at 325° for 1 hour.

Bridget Berning
Albertville, MN

SPICED SWEET POTATOES IN PEACHES

1½ C. mashed, cooled sweet potatoes	¼ tsp. ground cloves
2 tsp. lemon juice	1-1 lb. 13 oz. can peach halves
2 T. brown sugar	1 T. butter or margarine

Combine sweet potatoes, lemon juice, brown sugar and cloves. Drain peach halves and arrange in buttered baking dish. Fill centers with sweet potatoes; dot with butter. Bake in hot oven at 400° for 20 minutes. Serve on platter with pork chops or ham or in a shallow serving dish. Makes 8 servings. The whiff of cloves gives a pleasing, faint taste of spiced peaches.

Mary Ann Campbell
Iron Mountain, MI

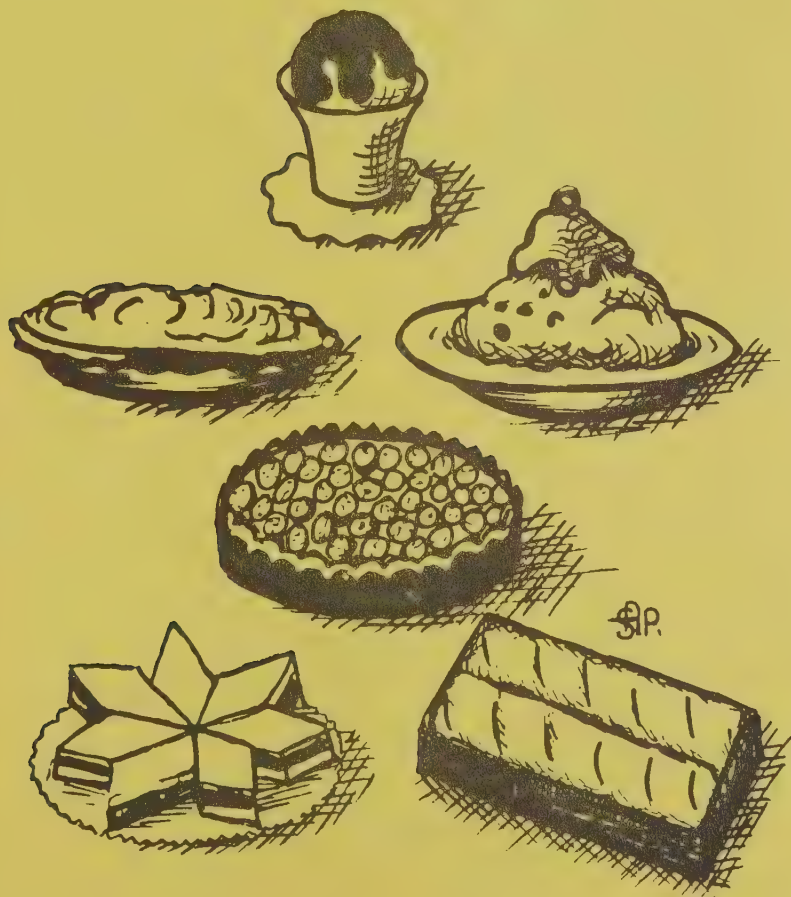
SOUTHERN PEACH YAM BAKE

½ C. packed brown sugar	½ C. chopped pecans
3 T. flour	2-17 oz. cans yams, drained
½ tsp. nutmeg	1-16 oz. can peach slices, drained
2 T. margarine	1½ C. miniature marshmallows

Combine sugar, flour and nutmeg; cut in margarine until mixture resembles coarse crumbs. Add nuts. Arrange yams and peaches in 1½-quart casserole; sprinkle with sugar mixture. Bake at 350° for 35 minutes. Sprinkle with marshmallows. Broil until lightly browned. Makes 6 servings.

Mary Blum
Naperville, IL

PASTERIES AND DESSERTS



CORNISH PASTIES

- | | |
|---|--------------------------|
| 4 sticks or 2 packets of any
pie crust mix | 1 C. diced onion |
| 1 lb. beef chuck or top
round steak, cut into ¼"
pieces | 1 C. diced turnip |
| 2 C. diced, pared potato | Pepper |
| 2 tsp. salt | 4 T. butter or margarine |
| 2 C. diced carrot | Water |
| | Milk or cream |
| | Chili sauce or pickles |

Heat oven to 350° F. Prepare pastry for two 2-crust pies as directed on package except - divide dough into 4 rounds. Roll 1 round into 12" circle; place on 1 end of ungreased baking sheet. On half of circle, spoon ¼ each of the meat and potato. Sprinkle with ¼ teaspoon salt. On potato, layer ¼ each of the carrot, onion and turnip. Sprinkle with pepper and ¼ teaspoon salt; dot with 1 tablespoon butter and sprinkle with 1 tablespoon water. Brush edge of pastry with water; fold pastry half over filling. Fold and roll lower edge of pastry over top edge; seal and flute. Cut slits on top; brush with milk. Repeat with remaining pastry rounds and filling, placing second circle on other end of baking sheet and remaining 2 circles on a second baking sheet. Bake 1 hour. Serve hot or cold with relishes. Makes 4 servings.

Carmel K. O'Kane
Skokie, IL

Good friends who would these pages test,
A whisper in your ear;
These dishes are the very best
Your husband's heart to cheer.

FESTIVE EASTER TWIST

3¾ to 4 C. all-purpose flour	¼ C. water
⅓ C. sugar	¼ C. margarine
1 T. grated orange peel	8 eggs, room temperature
½ tsp. salt	¼ C. slivered almonds,
½ tsp. anise seed	chopped
2 pkgs. active dry yeast	1 T. water
½ C. milk	Food coloring
	Confectioners' sugar glaze

In large bowl, mix 1¼ cups flour, sugar, orange peel, salt, anise seed and undissolved yeast. In saucepan, heat milk, ¼ cup water and margarine to 120° to 130° F. Add to dry ingredients and beat 2 minutes at medium speed, scraping bowl occasionally. Add 2 eggs and ½ cup flour. Beat at high speed for 2 minutes, scraping bowl occasionally. Stir in almonds and enough remaining flour to make soft dough. On floured surface, knead 8 to 10 minutes. Place in greased bowl; turn to grease top. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour. Punch dough down, divide in half. Roll each piece into 24" rope. On greased baking sheet, loosely twist ropes. Shape into circle; seal ends. Place 5 eggs, between ropes in twist. Cover, let rise until doubled in size, about 1 hour. Beat remaining egg and water; brush on loaf. Bake at 350° F. for 30 to 35 minutes or until done. Remove from sheet; cool on rack. Brush eggs with food coloring; drizzle bread with confectioners' sugar glaze.

For 50% faster rising, substitute rapid-rise yeast.

Linda Tiemessen
New Hampton, IA

Trying something new can make a better you.

BOHEMIAN KOLACHY

1 C. milk	1 cake yeast, crumbled
¼ C. sugar	½ C. warm water (not hot)
1 tsp. salt (level)	1 egg, beaten
¼ C. softened shortening	4 C. sifted flour

Scald milk. Add and stir in sugar, salt and shortening. Cool to lukewarm. Crumble yeast into warm water with 1 teaspoon sugar in a cup. Mix. Let rise (get foamy). Add to lukewarm milk mixture. Stir in beaten egg and 2 cups flour. Beat until smooth but sticky. Sift ¼ cup flour on bread board. (Sift a small quantity at a time as required for kneading over center of bread board.) Gradually add remaining flour to dough mixture, blending first with spoon, then by hand on bread board. Keep dough as soft as can be handled. Put back in bowl. Brush top of dough with melted shortening. Grease bowl a little before putting dough in. Let rise in warm place, until double. Punch down in bowl; let rise again to same size. Roll out on floured board to ½" or thinner in thickness. Cut with a 3" biscuit cutter. Place in a greased muffin pan; grease top of each bun. Let rise in warm place free from draft, until double in bulk. Press indentation in each bun, leaving a rim about ¼" wide. Fill with poppy seed mixture first, then with fruit mixture on top of poppy seed. Bake at 400° until lightly browned. Take out and grease rim, to keep soft. Let cool and store in a covered container.

POPPY SEED FILLING:

1¼ C. ground poppy seeds	1 tsp. vanilla
¾ C. sugar	1 tsp. good lard or margarine
1/8 tsp. cinnamon	⅓ C. milk
2 dashes of nutmeg	¼ C. water

Mix all together and cook in a pan for 10 minutes on medium heat. Keep mixing so it doesn't burn to bottom. Add more water if too thick. Cool a little. Heat a pint of canned raspberries or blackcaps with ½ cup sugar to a pint. Let it come to boiling point and thicken as would for a pie. (If you use canned poppy seed, skip the milk and water and ½ cup sugar and season with spices above to taste.) Heat up and cool and use for canned poppy seed. If too thick, add water. Makes 2 dozen or more.

Mary Ann Kolarik
Suttons Bay, MI

MY FAVORITE KOLACHE RECIPE

½ C. sugar	3 egg yolks & 1 egg
1½ C. milk or 1½ C. water and ⅔ C. dry milk	¼ tsp. mace
½ C. mashed potatoes or 2 T. dry potatoes and water to make ½ C.	½ C. shortening
	2 T. dry yeast (3 pkgs.)
	1 tsp. salt
	6 to 7 C. flour
	1 tsp. vanilla

In small bowl, sprinkle yeast over ½ cup warm water. Sprinkle a spoonful of sugar over the yeast, set aside. In a large bowl, beat eggs; add sugar, mace, vanilla and salt. Beat again. Then add the potatoes and shortening and beat together. Next, add milk and enough flour to make it spongy. Add yeast mixture and beat well. Add the rest of the flour gradually (more or less) to make a soft dough. Place in greased plastic bowl. Grease top of dough and cover. Let rise until double in bulk. Punch down and work with about 18 times; let rise again. Turn out on heavy cloth which flour has been rubbed into. Move the dough back and forth until it is lightly floured. Flour may be added to the cloth, but not too much. Then pat down to about ½" thick. Cover with plastic and let rise about 15 minutes. In the meantime, grease pans. Then form into kolaches. Do not crowd them on the pan or they will touch. Cover and rise until about ¾ in size. Bake in a 425° oven. Take out when golden brown and grease. Sprinkle with sugar, if desired.

Joann Busta
New Hampton, IA

Sharing's such a simple way of sweetening someone else's day

CZECH DELICACY

KOLACHES:

2 C. milk	1 cake Baker's yeast
¼ C. lukewarm water	½ C. sugar
2 tsp. salt	2 eggs (beaten)
½ C. butter or margarine	6½ to 7 C. flour

Dissolve the yeast in water. Add sugar, salt, butter and eggs. Mix well. Knead for 10 minutes and let rise for 2 hours. Roll or pat out dough and shape into kolaches with desired filling. Let formed kolaches rise for an additional hour. Bake at 400° for 10 to 12 minutes.

How to Shape Kolaches: Roll or pat out dough about ½ to ¾" thickness. Cut into strips about 3" wide. Cut into 3" squares. Stretch out corners and place approximately 1 teaspoon of desired filling in center. Take up corners crosswise and pinch together in center.

Kolache Fillings

POPPY SEED FILLING:

1 lb. ground-up poppy seed	½ C. white syrup
1 C. white sugar	Small amount cream or evaporated milk

Combine all ingredients. Use just enough milk or cream to make thick like fruit filling. Bring to a boil over medium-low heat to prevent scorching. (Can store in refrigerator several weeks.)

PRUNE FILLING: Cook 1 pound of dried prunes until soft with enough water to cover fruit. Cook at medium-low heat. Drain and remove pits; mash up fruit and add ½ cup sugar and ½ teaspoon cinnamon. Mix well.

APRICOT FILLING: Take 1 standard package of dried apricots and soak overnight in just enough water to cover fruit. Cook over medium-low heat until fruit is completely softened. If any water remains, drain fruit well. Mash fruit thoroughly and add sugar to sweeten taste. Usually ¾ to 1 cup of sugar is required. Cool before using. Makes 1 cup of filling.

Marcia Knutson
New Hampton, IA

KOLACKY

4 C. flour	2 eggs
¼ C. sugar	1 C. sour cream
1 tsp. salt	1 env. active dry yeast,
1 C. butter or margarine	dissolved in ¼ C. lukewarm milk

Cut butter or margarine into the dry ingredients. In another bowl, beat the eggs and combine with sour cream and yeast mixture. Add to flour and mix well. **Place in refrigerator overnight.** Divide the dough into 6 parts, about as large as your fist. Roll each piece thin, about ¼" thick. Cut into 2" strips, then into 2" squares. Place desired filling in the center of each square and roll up like a crescent. Bake at 350° for about 10 to 15 minutes.

NUT FILLING:

2 C. walnuts, finely ground	1 egg white, beaten till stiff,
1 C. sugar	but not dry

Mix together.

POPPY SEED FILLING:

1 lb. ground poppy seeds	1 T. melted butter may be
2 C. sugar	added
	3 T. milk

Sister Elizabeth Ann Dudas, S.Sp.S.
Waukegan, IL

In cooking, and in life as well
The only way that one can tell
What recipe is best, no doubt
Is read it through and try it out.

SVATEBNI (WEDDING) KOLACKY

3½ C. flour
1 C. butter
3 egg yolks
1 C. light cream

¾ tsp. salt
½ cake yeast or 1½ tsp. dry
yeast

Cut butter into flour and salt, same as for a pie crust. Blend egg yolks with cream and yeast which has been softened in a small amount of warm water. Pour over the dry flour mixture. Shape into 3 balls for easier handling. Chill. Roll out thin, using granulated sugar for dusting the rolling surface to keep from sticking. Cut dough into rectangular sections about 2½x3½". Spread with favorite filling. Hand roll each section and place on baking sheet. Bake at 375° for 10 to 15 minutes until lightly browned. Yields 50 to 60.

FILLING: Use about 1 rounded teaspoon of chopped, cooked dates or apricots (dried variety). Also, may use ground poppy seed mixture that has been sweetened with granulated sugar and moistened with cream; or use ground, sweetened walnuts moistened with egg white or water.

Carol Pribula
Phoenix, AZ

PUFFS

⅓ C. butter
1 C. water

1 C. sifted flour
4 unbeaten eggs

Heat butter in water. Add sifted flour, stir quickly with wooden spoon until paste comes away from side of pan (it happens almost immediately). Remove from heat. In about 2 minutes, add 1 at a time, the 4 eggs. When dough no longer looks slippery and a small quantity will stand erect on the end of a spoon, drop onto a greased baking sheet, a teaspoon at a time, an inch apart. Bake at 400° for 10 minutes; reduce heat to 350° for another 10 to 20 minutes. test for doneness by removing one from oven. Cool puffs away from drafts. Cut puffs horizontally with sharp knife. Remove (snip out) any damp dough inside. Fill with meat, fish or dessert filling. Puffs can be frozen before filling.

Meat or fish filling: Tuna salad or chicken salad made as you like. Cheese sauce of your choice. Fill puffs, heat in microwave 30 to 45 seconds, if desired. Pour cheese sauce over puffs.

Judy Sokol
Duncanville, TX

JELLY ROLL

5 eggs, beaten lightly
¼ tsp. salt
1 C. sugar
1 tsp. vanilla

1 C. flour
1 tsp. baking powder
1 pkg. lemon pudding and pie
filling

Beat eggs and salt with baking powder. Beat till light; add sugar and vanilla. Fold in flour and place on wax paper-lined cookie sheet (11x16"). Bake at 375° for 15 minutes. Trim edges and roll immediately. Dust top of roll with powdered sugar. Use the lemon pudding and pie filling. Cook according to directions, using ½ cup less water. Cool. Fill the jelly roll.

Delores Richter
New Hampton, IA

NUT ROLL

½ C. oleo
2¼ C. flour, unsifted
1 egg
1 T. milk
½ tsp. salt
1 T. sugar
1 pkg. dry yeast
½ C. milk

FILLING:
2 C. chopped walnuts
¼ C. white sugar
¼ C. brown sugar
1 tsp. cinnamon
4 T. melted oleo

Work butter into flour with fork until crumbly. In small bowl, slightly beat egg and 1 tablespoon milk. Heat ½ cup milk in saucepan and dissolve yeast in it. Add sugar and salt and stir. Add egg, stir. Pour liquid mixture into flour mixture and work into smooth dough. Add more flour if it seems sticky. Knead 5 minutes. Divide in half, roll each half on a floured surface until ¼" thick rectangle shape. Spread each rectangle with 2 tablespoons melted oleo and half of nut filling. Roll, sealing ends as you go, place on greased cookie sheet. Cover with Saran Wrap. Let rest about 1 hour (will not rise much), remove cover. Bake at 325° for about 15 to 20 minutes in center of oven.

Shirley Liska
Milwaukee, WI

SILVER TORTE

2 C. sugar
 $\frac{3}{4}$ C. butter

1½ C. flour

Mix these together, pat in 10x14" size pan. Bake 25 minutes at 350°. Cool. Mix 1 cup sugar, 8 egg yolks (beaten) with juice and rind of 1½ lemons. Cook in double boiler until thick. Add 1 tablespoon gelatin that has been softened in $\frac{2}{3}$ cup cold water. Stir together to dissolve and let cool. Beat 8 egg whites, 1 cup sugar and pinch of salt. Fold into custard and spread over baked crust. Spread ½ pint whipped cream over the above. Mix 2 cups or less coconut with rind of orange and a little orange juice. Sprinkle over the cream. Refrigerate. Keeps well.

Dolores Chounard
Albertville, MN

LITHUANIAN AUSUKES (LITTLE EARS)

10 eggs

Separate yolks and whites. Beat egg yolks and add 1 cup sugar. Beat together till blended. Add ½ cup Milnot or sweet cream. Put in 1 jigger brandy or whiskey. Beat egg whites and fold into yolks. Add approximately 2 cups, or more, flour to mixture. Dough should not stick to fingers. Sprinkle a little flour on table and roll out the dough very thin. Cut dough into strips about 1½" wide and 4" long. Make a slit in the center of each piece and carefully slip one end through the slit. Deep-fry until lightly browned. Drain on absorbent paper and sprinkle with confectioners' sugar.

Mavis Landsverk
Wadsworth, IL

FINGERS

$\frac{3}{4}$ C. butter
4 T. sugar
1 tsp. vanilla

2 C. flour
1 T. water
 $\frac{3}{4}$ C. broken nutmeats

Cream butter and sugar. Add vanilla. Add flour gradually and beat after each addition. Add water and nutmeats. Shape into oblong cookies, about the size of a little finger. Bake in 350° oven. Roll each cookie in granulated sugar. Makes 5 dozen.

Mrs. Rita Proll
Munster, IN

CRULLERS (PASTRY)

¼ C. shortening	3½ tsp. baking powder
1 C. sugar	¼ tsp. grated nutmeg
2 eggs	½ tsp. salt
1 C. milk	1 C. flour

Cream shortening; add sugar, then the well-beaten eggs. Sift the baking powder, nutmeg and salt with 1 cup of flour and add alternately with the milk to the first mixture. Toss on floured board. Roll ½" thick and cut into strips, twist and fry in deep fat, 360° to 370°. Drain on unglazed paper and when cold, roll in confectionary sugar. This recipe makes about 3 dozen Crullers 'Rozkoszny'.

Eva Jones
Gurnee, IL

SWEET ROLLS

½ C. lard	1 tsp. salt
1 C. boiling water	2 cakes yeast (dissolved in
½ C. sugar	1 C. warm water)
2 eggs, beaten	6 C. flour

Add sugar and lard to boiling water, stir and cool until lukewarm. Add eggs and salt, stir well. Add yeast dissolved in water. Mix thoroughly and stir in flour. Let stand overnight. Next day, roll out dough in long roll, spread brown sugar, cinnamon and butter over it, roll up and cut in slices and put in pan, let raise. Bake at 350° for 8 to 10 minutes. Ice. Makes about 40 rolls.

Norma Rutschilling
St. Henry, OH

FRENCH PASTRY

STEP 1:

1 C. flour
1/2 C. margarine

1/4 C. brown sugar

Cut into bowl as for pie crust.

STEP 2: Pat into a 9x13" pan and bake in a 350° oven for 10 minutes.

STEP 3:

2 eggs, beaten
ADD:
2 T. flour
1 tsp. baking powder

1 1/2 C. brown sugar
1 C. chopped nuts
1/2 C. coconut
1/2 tsp. vanilla

STEP 4: Mix well and put on top of first layer. Bake 20 to 30 minutes longer at 350°.

Dolly LoMonaco
Gurnee, IL

ENGLISH TRIFLE

1 pkg. Betty Crocker yellow cake mix
1 C. chilled whipping cream
1/4 C. sugar
1-16 oz. pkg. frozen strawberry halves, thawed
1/4 C. toasted, slivered almonds
1 can vanilla ready-to-serve pudding (2 C.)
7 whole strawberries

Bake cake mix in oblong pan, 13x9x2", as directed on package. Cut cake crosswise in half. (Freeze 1/2 for future use.) Cut other half into 8 pieces; split each piece horizontally. Arrange half the pieces in 2-quart glass serving bowl, cutting pieces to fit. Pour half the thawed strawberries over cake; spread with half the pudding. Repeat. Cover; chill at least 8 hours. In chilled bowl, beat cream and sugar until stiff; spread over trifle. Sprinkle with almonds; garnish with whole strawberries. To serve, spoon trifle into dessert dishes. Makes 6 to 8 servings.

TRADITIONAL TRIFLE: Omit strawberries. Cut cake half into 4 pieces; split each piece and fill with 2 tablespoons raspberry jam. Arrange pieces in bowl; pour 1/2 cup sherry or 1/3 cup orange juice plus 2 tablespoons sherry flavoring over cake. Allow to soak a few minutes, then spread with all the pudding.

Carmel K. O'Kane
SKokie, IL

TEA BRACK

1 lb. each sultanas, raisins, 3 C. milkless tea
brown sugar

Soak fruit and sugar in tea overnight. Next day, add alternately:

1 lb. plain white flour 3 level tsp. baking powder
3 beaten eggs 3 level tsp. mixed spice

Turn mixture into 3 greased tins, 6" each, and bake for 1½ hours at 325° F. When baked, brush tops with warmed honey to glaze and cool on a rack. Substituting a cup of whiskey for a cup of the tea makes a wicked improvement.

Carol K. O'Kane
Skokie, IL

DELICIOUS NUT ROLL

PASTRY:

5 C. flour
¼ C. sugar
1 tsp. salt
1 C. margarine
6 egg yolks, beaten
2 envs. dry yeast
1½ C. warm milk

FILLING:

1 lb. walnuts, ground fine
1 C. sugar
6 egg whites
¼ C. milk
1 egg, lightly beaten

To make pastry, work flour, sugar, salt and margarine together until well mixed and crumbly. Dissolve yeast in warm milk; add with egg yolks to flour mixture. Stir to combine, then work with hands until dough falls off hands, about 5 minutes. Cover bowl and refrigerate overnight. To make filling, beat egg whites until stiff; beat in sugar. Fold in ground nuts and milk. Divide dough into 4 parts. Roll out each part to 10x14" rectangle on floured board. Spread ¼ of filling on each part; roll up. Place rolls - seam side down on greased cookie sheets. Cover with cloth; let rise in warm place for 1 hour. Brush with lightly-beaten egg. Bake in a 350° oven for 35 to 40 minutes. Cool on wire rack.

Sr. Mathilde Steffens, S.Sp.S.
Techy, IL

GRAHAM CRACKER DESSERT

½ pkg. marshmallows	18 graham crackers
½ C. milk	1 can crushed pineapple
1 C. Cool Whip (cream, whipped)	2 T. margarine

Melt marshmallows in milk in double boiler. Cool a bit. Roll crackers and mix with margarine, spread a layer into pan (8x8"). Add marshmallows, Cool Whip and pineapple mixture. Spread another thin layer of cracker crumbs over top. Cool.

Sr. Lauren Dietl, S.Sp.S.
Techny, IL

BUSTER BAR DESSERT

14 oz. Oreo cookies, crushed	1 jar hot fudge sauce
½ C. margarine (scant)	1 pkg. salted peanuts
½ gal. softened vanilla ice cream	9 oz. Cool Whip

Mix crushed cookies and margarine and press all but 1 cup into 9x13" pan. Spread softened ice cream over crushed cookies and freeze. Pour hot fudge sauce over ice cream. Add a layer of salted peanuts and spread Cool Whip over peanuts and sprinkle with remaining cookie crumbs. Freeze.

Substitute: Rocky road ice cream and then use caramel instead of fudge.

Lisa Heller
Sumner, IA

Praise so often can inspire someone to reach a little higher.

OREO COOKIE DESSERT

1 lb. Oreo cookies	½ C. melted oleo
½ gal. ice cream (or more)	13 oz. evaporated milk
½ C. oleo	1 C. sugar
2 squares melted chocolate	Cool Whip

Crush the Oreo cookies and mix with the melted oleo. Place in 2-13" cake pans. Chill. Next, place any flavor ice cream over the base; as thick as desired. Freeze. Place the evaporated milk, ½ cup oleo, sugar and chocolate in saucepan and boil for 10 or 15 minutes or until it begins to thicken. Cool well, then place on the ice cream. Freeze. Top with the Cool Whip and also nuts, if desired. Freeze.

Lucille Kunkel
Mapleton, MN

VERY DELICIOUS DESSERT

22 or 1 pkg. coconut cream cookies, crumble in large pieces	1 large prepared topping (Cool Whip)
	1 C. pecans or walnuts, chopped
	½ gal. rainbow ice cream (or sherbet), 3 kinds of ice cream

Mix cookies and topping. Spread ½ in bottom of 9x12" dish. Spoon sherbet or ice cream, one kind at a time, to get color effect. Put rest of cookie mixture on top. Freeze. Cut into squares. Serve. Excellent. (I served it at school with Sociable or Ritz crackers.)

Mrs. Marie W. Kaalberg
Nichols, IA

CHEESE FOLDERS

½ lb. butter (margarine)
½ lb. flour
½ lb. cottage cheese

Mix together; roll out. Cut in desired size. Fill center with your favorite filling. Fold over and seal. Bake on greased sheet at 400° until golden brown. When cooled off, sprinkle with confectioners' sugar.

S.Sp.S. Sisters
Techny, Convent Kitchen

BEST EVER CHEESE TORTE

2 C. crumbs (20 graham
crackers)
½ C. sugar

¼ tsp. cinnamon
⅓ C. melted margarine

Combine above for crust and line springform pan.

4 eggs
¾ C. sugar
¼ tsp. salt

1-1 lb. pkg. dry ground cottage
cheese (Baker's cheese)
1-8 oz. Philadelphia cream
cheese
½ tsp. vanilla

Mix above 6 ingredients till well blended. Pour into crust and bake at 400° for 30 minutes. Remove and immediately turn oven to 500°. Cool torte for about 10 minutes and top with 16 ounces sour cream, ½ cup sugar and ¼ teaspoon vanilla (blended well). Carefully pour sour cream mixture over baked torte. Return to oven and bake at 500° for 5 minutes. Refrigerate when cooled. When pouring sour cream over baked torte, do it slowly (I use a tablespoon).

Helen Sterzinger
West Allis, WI

HELEN'S DESSERT

20 small or 6 large
macaroons, broken
1 large Cool Whip

1 small Cool Whip
1 C. pecans or other nuts,
chopped

Mix and put in 15x13" pan. Freeze 1 hour. Spread large container of sherbet (rainbow or orange and green) on top of cooled mix. Put rest of the mix on top. Freeze. Make day before you use.

Helen Namanny
Munster, IN

BUTTER PECAN ICE CREAM DESSERT

1 C. graham cracker
crumbs

1 C. soda cracker crumbs
 $\frac{1}{2}$ C. melted butter

Mix together and pat into 13x9" pan. Bake in 350° oven for 10 minutes. Cool.

2 qts. butter pecan ice
cream

$1\frac{1}{2}$ C. milk
2-3 oz. pkgs. instant vanilla
pudding

Mix pudding with $1\frac{1}{2}$ cups milk. Beat in softened (not melted) ice cream and pour over cooled crust. Top with whipped cream and crushed Heath bars, approximately 3 bars. **KEEP IN REFRIGERATOR, DO NOT FREEZE.**

Barbara Schulenburg
Lindenhurst, IL

MERINGUE SHELLS

Dash of salt
3 egg whites
1 C. sugar

$\frac{1}{2}$ tsp. vinegar
 $\frac{1}{2}$ tsp. vanilla

Add salt, vinegar and vanilla to egg whites. Beat until mixture forms peaks. Add sugar very gradually. Continue until very stiff. Spoon into 6 large mounds on cookie sheet (covered with plain, ungreased paper). Shape cups with spoon to form a hollow in the center. Bake in a slow oven (350°) until they puff up, then reduce heat to about 250° or even 200° and continue baking for an hour. Do not let them get too brown. Remove from paper at once. **Let cool.** If made to store for next day or freeze, place them in a very dry place after properly wrapped for freezer storage. To serve, fill center with strawberries and ice cream.

Rosella A. Liebhauser
Oshkosh, WI

SCOTTISH DUMPLING

1 C. brown sugar	½ tsp. cloves
3 C. flour	½ tsp. ginger
1 tsp. baking powder	½ C. salad oil
1 tsp. baking soda	2 C. white raisins
½ tsp. salt	2 C. currants
2 tsp. cinnamon	1 C. dark raisins
½ tsp. allspice	2 beaten eggs
½ tsp. nutmeg	Enough milk to moisten

Mix first 3 ingredients, then all dry ingredients. Mix in currants and raisins (also orange peel if you wish). Add eggs and oil. Add milk until you get a clingy dough. Bring water to boil in large kettle. Dip cheesecloth or other light fabric like a thin dishtowel, in water. Then spread and sprinkle generously with flour. Dump dough in middle of cloth. Bring corners together to form a sack and tie. Put a second cloth around the first. Dip into boiling water with a saucer under the bag to keep from sticking. Boil 3 to 4 hours. Unwrap and toast in oven 10 to 15 minutes. Cool. Slice to serve like fruitcake.

Martha Jo Church
Waukegan, IL

CHERRY DESSERT

16 graham crackers	½ lb. marshmallows (about 40)
¼ C. sugar	½ C. milk
¼ C. melted butter	1 can cherry pie filling
½ pt. whipped cream or Cool Whip	

Crumb graham crackers until fine. Add sugar and melted butter and press into a 9x9" pan and cool. In a double boiler, melt the marshmallows and milk and let cool. Add the whipped cream and pour on graham cracker crust. Top with cherry pie filling.

Mrs. Joe Kolbet
New Hampton, IA

CATHY'S CHERRY DESSERT

- | | |
|------------------------------------|---|
| 1 large box crushed vanilla wafers | 2 envs. Dream Whip, prepared according to pkg. directions |
| 1 C. melted margarine | WHIP TOGETHER WITH: |
| | 1 lb. powdered sugar |
| | 2-8 oz. pkgs. cream cheese |

Line 13x9" buttered pan with crumb mixture. Spread with whipped cheese mixture. Top with 2 cans cherry (or other fruit) pie filling. Sprinkle with a few vanilla wafer cookie crumbs. Serve chilled.

Cathy Spreda
Stevens Point, WI

CHERRY SLICES

- | | |
|----------------|---------------------------|
| 1 C. butter | 3 C. flour |
| 1 ¾ C. sugar | 1 ½ tsp. baking powder |
| 4 eggs | ½ tsp. salt |
| 1 tsp. vanilla | 2 cans cherry pie filling |

Cream butter and sugar thoroughly. Add eggs, one at a time, beating well after each addition. Add vanilla. Sift flour, baking powder and salt. Add sifted dry ingredients gradually, beating well. Spread in a large 11x17" greased cookie sheet, saving a little more than a cup of the batter. Spread 2 cans cherry pie filling to within ½" of edges. Place remaining dough by spoonfuls over the filling. Bake at 350° for about 40 minutes. When cool, sprinkle with confectioners' sugar.

Elsie E. Simon
Naperville, IL

STRAWBERRY DESSERT

- | | |
|---------------------------------|--------------------------------|
| 3 oz. pkg. strawberry jello | 2 C. miniature marshmallows |
| 10 oz. pkg. frozen strawberries | 1 C. Cool Whip (whipped cream) |

Dissolve jello in 1 cup boiling water. Add frozen strawberries, stirring until fruit separates and mixture thickens. Fold in marshmallows and Cool Whip. Chill until firm.

Leisa Tremper
Columbus, OH

STRAWBERRY ANGEL FOOD DESSERT

- | | |
|---------------------------------------|-------------------------|
| 1 box strawberry jello | 1 tsp. lemon juice |
| 1 box frozen strawberries
(thawed) | 1 pkg. Dream Whip |
| | 1-9 oz. angel food cake |

Dissolve jello in $\frac{3}{4}$ cup hot water. Add berries and set in refrigerator until it begins to set. Whip Dream Whip and break cake into small pieces and fold all ingredients together and pour into greased square cake pan. To make a large pan, double everything.

Alice Rethamel
New Hampton, IA

BLUEBERRIES IN MAPLE CREAM

- | | |
|--|-----------------------------------|
| 3 C. fresh blueberries,
rinsed, drained | $\frac{1}{2}$ C. pure maple syrup |
| | 1 C. whipping cream |
| | Mint sprigs for garnish |

1. Put blueberries into large bowl. Stir in maple syrup. Refrigerate, covered, stirring occasionally, at least 1 hour or up to 2 days.
2. Just before serving, whisk cream just until very soft peaks form (chantilly stage). Stir blueberry mixture well. Gently fold cream into blueberry mixture. Serve in stemmed glasses. Garnish with mint sprigs. Beware - it's addictive.

Nora C. O'Malley
McHenry, IL

ADVICE TO THE HOUSEWIFE

Well mix and bake the dainty cake,
And beat the frosting light;
The sweetest plan to please a man
Is through his appetite.

BLUEBERRY BOY BAIT

2 C. flour	1 tsp. almond extract
2 tsp. baking powder	2 egg yolks (2 egg whites, beaten stiff)
1½ C. sugar	¾ C. milk
¾ C. shortening (margarine)	1 pt. fresh blueberries
½ tsp. salt	

Blend flour with baking powder, add sugar and shortening with cutter until it resembles coarse sugar. Take out 1 cup for topping and set aside. Add remaining ingredients in order given to crumb mix in bowl, mixing well until smooth. Gently fold in stiffly-beaten egg whites. Pour into greased and slightly-floured pan, 9x13x1½". Sprinkle well-drained blueberries evenly on top of batter and lastly, sprinkle reserved crumb mixture topping over berries. Bake at 350° for approximately 40 minutes. Serve with whipped cream, if desired.

Emma M. Baddaker
Waukegan, IL

BLUEBERRY TORTE

9 large graham crackers	1 pkg. Dream Whip
½ C. melted butter	1 large pkg. cream cheese
½ C. white sugar	1 can Wilderness blueberry pie filling

Crush graham crackers fine. Add melted butter and sugar. Mix well and press into 13x9" cake pan. DO NOT BAKE. Fix Dream Whip as directed by package, beat in cream cheese until smooth. Spread over graham cracker crust. Top with blueberry pie filling (cherry may be used). Chill well, at least 4 hours.

Terry Spreda
Stevens Point, WI

PLUM KUCHEN

IN A BOWL, COMBINE:

2 C. unsifted flour	½ tsp. salt
3 tsp. baking powder	2 T. sugar

Mix until well blended. Cut in 6 tablespoons butter until mixture resembles coarse crumbs. Combine 1 beaten egg with $\frac{2}{3}$ cup milk and stir into the flour mixture until blended. Spread in a greased baking pan, 9x13". Arrange 4 cups plums, cut in slices, in rows overlapping slightly, press into dough. Spread 2 tablespoons melted or soft butter evenly over the plums. Sprinkle top with $\frac{3}{4}$ cup sugar mixed with 1 teaspoon cinnamon. Bake in a hot oven (400°) about 30 minutes. Other fruit can be substituted for plums, like apples, berries, etc., until brown and bubbly.

Mary Ann Kolarik
Suttons Bay, MI

APRICOT JELLO SALAD

1 large pkg. (6 oz.) apricot jello	1 large (8 oz.) cream cheese
1-20 oz. can crushed pineapple	1-12 oz. can evaporated milk
	1-8 oz. Cool Whip

Boil pineapple, juice and all, for a few minutes. Take off stove and add jello. Add cream cheese which has been softened somewhat and mix well (use a whip). Cool. Beat the **very cold** milk in mixer until it looks like whipped cream. Blend in cooled pineapple mixture. Add Cool Whip. Pour in oblong serving dish and refrigerate. Sprinkle chopped nuts on top, if desired.

Dorothy Lazan
Girard, PA

RHUBARB CRISP

3 C. diced rhubarb
3 T. flour
1 C. white sugar

1 C. brown sugar
1½ C. flour
1 C. oatmeal
½ C. melted butter or
margarine

Mix first 3 ingredients together and let stand 10 minutes. Then pour into greased 12x9" pan. Mix together last 4 ingredients. Crumble this mixture over the rhubarb mixture. Bake 20 to 25 minutes or until brown and bubbly in 375° oven.

Isabelle Rieser
Naperville, IL

RHUBARB DESSERT

CRUST:
2 C. flour
¾ C. powdered sugar
1 C. margarine

FILLING:
4 eggs
2 C. sugar
½ C. flour
½ tsp. salt
4 C. rhubarb

Press crust into 9x13" cake pan and bake at 350° for 10 to 15 minutes.

FILLING: Beat eggs, flour, sugar and salt until blended. Add rhubarb and mix, spoon on crust and bake at 350° for 45 minutes.

Linda Fisher
New Hampton, IA

BANANA SPLIT DESSERT

2 C. graham cracker crumbs 1 stick oleo

Melt oleo and mix graham crackers. Pat in pan and bake in microwave for 5 minutes on 50% heat. Mix together 2 cups powdered sugar, 1 stick oleo and 1 teaspoon vanilla. Mix well in blender and spread on graham crackers. Drain 1-16 ounce can of pineapple. Top with Cool Whip. (Optional decoration for top to be used could be nuts and cherries.)

Rosie Courtney
New Hampton, IA

STRAWBERRY-BANANA SPLIT DESSERT

2 C. crushed graham crackers	1 stick margarine (melted) ¼ C. sugar
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Press the ingredients into a 9x13" pan and chill for 20 minutes.

2 C. powdered sugar 2-8 oz. pkgs. cream cheese	1 tsp. vanilla
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Combine sugar, cream cheese and vanilla and spoon carefully over crust.

1 layer sliced bananas (approx. 4 bananas)	2-10 oz. pkgs. frozen strawberries (drained)
1 layer of a 20 oz. can crushed pineapple (drained)	1-12 oz. Cool Whip

Layer over the cream mixture. Refrigerate before serving.

Bea Kunkel
Palatine, IL

EASY PINEAPPLE CRISP

1-16 oz. can crushed pineapple, do not drain	1-14 oz. pkg. butter pecan cake mix ½ C. butter or margarine
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Spread pineapple over the bottom of a lightly-greased 13x9x2" baking pan. Scatter cake mix evenly over pineapple, then dot with butter or margarine. Bake, uncovered, about 1 hour in 350° oven or until golden and slightly crisp. Serve with vanilla ice cream or heavy cream. Serves 10.

Isabelle Rieser
Naperville, IL

CRANBERRY-PINEAPPLE COBBLER

1½ C. Bisquick mix	1-16 oz. can whole cranberry
½ C. milk	sauce
¼ C. sugar	1-8¼ C. can crushed pineapple
1 egg, beaten	½ C. sugar

Heat oven to 425°. Grease 9x9x2" pan. Mix baking mix, milk, ¼ cup sugar and egg until moistened. Spread in pan. Cook cranberry sauce, pineapple (with syrup) and ½ cup sugar in saucepan over medium heat, stir constantly until hot, pour over dough. Bake until crust is brown, about 20 minutes. Serve with whipped cream or ice cream, if desired.

Sr. Lauren Dietl, S.Sp.S.
Techny, IL

PINEAPPLE FLUFF

2 small cans (10½ oz.)	2 beaten eggs
pineapple tidbits	1 T. butter or margarine
1 C. miniature	2 T. flour
marshmallows	1 env. Dream Whip
½ C. chopped walnuts	

Drain juice from pineapple into a saucepan and add eggs, butter or margarine and flour. Boil this mixture till thick, cool and add 1 mixed envelope of Dream Whip (follow directions on package) and pour this mixture over pineapple, nuts and marshmallows. Chill.

Barbara Leuthold
Fort Recovery, OH

APPLE STRUDEL

1½ C. flour	4 lbs. tart apples
¼ tsp. salt	1 to 1½ C. sugar
1 egg	Cinnamon
¼ C. + 3½ T. margarine	Raisins (optional)
1 C. bread crumbs	

Place flour, salt, egg and 1½ tablespoons margarine in bowl. Add enough lukewarm water to make soft dough. Beat by hand with spoon until it blisters. Place on bread board and cover with warm bowl; let rest for 30 minutes. Brown bread crumbs in ¼ cup margarine. Spread cloth over table and sprinkle lightly with flour. Place dough on cloth, with rolling pin, roll lightly until dough is about ½" thick. Put hands under dough and starting from the center, pull and stretch gently, being careful not to poke holes in dough. Keep working around table until dough is paper thin. Sprinkle margarine and crumbs evenly over dough. Arrange apples over crumbs in a thin layer. Sprinkle with sugar, dot with remaining margarine, sprinkle with cinnamon. Take one end of cloth, hold up so dough will start rolling, continue to end. Gently shape like horseshoe and slide onto greased cookie sheet. Bake in 350° oven for 45 minutes to 1 hour. Serve warm. Sprinkle with powdered sugar.

Sr. Lauren Dietl, S.Sp.S.
Techny, IL

APPLE DANISH SLICES

3 C. flour	6 to 10 peeled, sliced apples
½ tsp. salt	1 C. sugar
1 C. shortening (oil)	2 T. flour
1 egg, divided	1 tsp. cinnamon
½ C. milk	¼ stick butter or margarine

Mix flour and salt together in a large bowl. Cut in the shortening, then lightly beat in the egg yolk to the milk, then add to the mixture and mix. Take a little more than half the mixture. Roll out dough to 1/8" thickness and lay it into an 11x16" jellyroll pan. (I roll the dough out between 2 pieces of wax paper.) Arrange apples on dough. Combine sugar, flour and cinnamon and sprinkle over apples. Dot with butter. Roll out remaining dough and cover apples. Brush with slightly beaten egg whites. Bake at 375° for 45 minutes.

Anne Seidler
Mt. Prospect, IL

APPLE CRISP

6 C. apples, sliced	$\frac{3}{4}$ C. brown sugar
$\frac{2}{3}$ C. quick oatmeal	$\frac{1}{2}$ tsp. nutmeg
$\frac{1}{3}$ C. flour	$\frac{1}{2}$ tsp. cinnamon
$\frac{1}{4}$ C. butter	

Place peeled and sliced apples in a 2-quart (8x8") pan. Combine remaining ingredients except butter in a mixing bowl. Cut in butter until crumbly. Sprinkle over apples. Bake at 325° until apples are tender OR cook in microwave for 12 to 16 minutes on high.

Loyce Horan
New Hampton, IA

APPLE TORTE

2 C. flour	$\frac{3}{4}$ C. shortening (melted)
1 C. brown sugar	Pinch of salt
1 C. oatmeal	

Mix above together. Reserve 1 cup for top. Put in greased 9x13" pan. Slice 6 to 8 apples over mixture.

BOIL UNTIL THICK:

1 C. sugar	Butter (size of walnut)
1 C. water	1 tsp. vanilla
2 T. cornstarch	

Pour over apples in pan. Put on rest of topping. Bake at 375° for 50 minutes. Serve with whipped cream.

Joan Tinti
Norway, MI

WRAPPED APPLES OR PEARS

STRUDEL DOUGH:

1 ³ / ₄ C. flour	1 pinch of salt
1 egg	½ C. lukewarm water
2 tsp. oil	

Mix ingredients into a smooth dough and knead very well, at least 5 minutes. Let it rest for ½ hour. Roll out very thin on floured cloth. Wash and peel 8 to 10 apples and remove core from bottom, leave the stem on top. Sprinkle with 1 teaspoon lemon juice.

FILLING:

4 oz. marzipan	8 to 20 candied cherries,
1 T. brandy	chopped or 8 sticks of milk
2 T. powdered sugar	chocolate, chopped

Mix marzipan with sugar, brandy, chopped cherries or chopped chocolate. Fill the cavity of fruit. Cut squares of dough large enough to cover the fruit. Lift corners of dough up to stem and tie them with a piece of string. Brush outside of dough with egg yolk mixed with a little milk. Bake about 40 minutes on greased baking sheet at 275°.

Sister Mary Antonia Redemacher, S.Sp.S.
Techny, IL

GRANOLA BAKED APPLE

Ready-to-serve in less than 5 minutes. Delicious with milk, half and half or plain yogurt.

1 large baking apple, such as Rome or Beauty or Tydeman (7 oz.)	1 tsp. packed dark brown sugar
2 to 3 T. granola cereal	Ground cinnamon to taste
	1 tsp. butter or margarine

Core apple, being sure not to cut all the way through. Place in bowl or 10-ounce custard cup. Mix granola, brown sugar and cinnamon. Spoon into apple, top with butter. Cover with vented plastic wrap and microwave on high for 2 to 3 minutes, rotating dish after 1 minute, until apple is tender and sugar melts. Let stand covered for 1 minute. Makes 1 serving. Per serving: 190 cal, 1 g pro, 35 g car, 6 g fat, 12 mg chol with butter, 0 mg chol with margarine, 64 mg sod.

Joannie Njus
Lawler, IA

APPLE DESSERT

2 C. flour	1 egg yolk (beaten)
1 C. butter	4 C. apples (sliced)
2 T. sugar	1 C. sugar
½ tsp. salt	1 tsp. cinnamon
½ C. milk	3 T. flour

Mix flour, butter, 2 tablespoons sugar and salt like pie crust. Add milk and beaten egg yolk. Spread half of mixture on cookie sheet. Mix apples, sugar, cinnamon and flour together. Pour apple mixture on cookie sheet. Drop small amounts remaining dough over the top of the apples. Beat egg white and brush over top. Bake at 350° for 35 to 40 minutes. While warm, drizzle with thin confectioners' frosting over top.

Joyce Shatek
New Hampton, IA

ORANGE KUCHEN

2 C. sugar	2½ tsp. baking powder
1 C. margarine	¾ tsp. salt
1½ tsp. vanilla	½ C. orange juice
2 T. orange rind	½ C. milk
4 eggs, separated	Orange juice
3 C. flour	

Cream sugar and margarine until light and fluffy. Blend in orange rind and vanilla. Add egg yolks, one at a time, mixing well after each addition. Add combined dry ingredients alternately with orange juice and milk. Fold in stiffly-beaten egg whites. Pour into greased and floured 10" tube pan. Bake at 350° for 55 to 60 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan. Glace with Orange Glace.

ORANGE GLACE:

2 C. sifted confectioners' sugar	2 T. orange juice
	¼ tsp. vanilla
	Dash of salt

Combine ingredients, mix until well blended.

S.Sp.S. Sisters
Techny, Convent Kitchen

LEMON CRUMB DESSERT

2-3 oz. pkgs. lemon jello	$\frac{2}{3}$ C. lemon juice
1½ C. sugar	3½ C. chilled evaporated milk
¼ tsp. salt	$\frac{2}{3}$ C. melted margarine
2 C. boiling water	4 C. graham cracker crumbs
1½ tsp. grated lemon rind	

Dissolve jello, sugar and salt in boiling water. Add lemon juice and rind. Chill till very thick. Reserve $\frac{1}{3}$ cup graham cracker crumbs for garnish. Mix margarine and crumbs together and press into 9x13" pan. Put chilled, evaporated milk into mixer bowl and whip until fluffy. Add jello mixture and stir, then spoon into pan. Sprinkle with reserved crumbs, chill till firm. Makes 24 servings.

Debbie Little Gruber
Girard, PA

LEMON LIME TRIFLE

3 oz. pkg. lime gelatin	1 pkg. pudding included yellow cake mix
1 C. boiling water	$\frac{1}{2}$ C. lemonade
1 C. lemonade	8 oz. pkg. cream cheese, softened
3 eggs	1 can ready-to-spread vanilla frosting
$\frac{1}{2}$ C. water	Whipped cream

In small bowl, dissolve gelatin in 1 cup boiling water. Stir in 1 cup lemonade. Chill until soft-set, about 2 to 3 hours. Heat oven to 350° F. Grease and flour 15x10" jellyroll pan. In large bowl, beat eggs at high speed until thick and lemon colored, about 5 minutes; stir in water. Gradually stir in cake mix at low speed; blend well. Pour batter into prepared pan. Bake at 350° F. for 20 to 25 minutes or until cake springs back when touched lightly in center. Cool 15 minutes; remove from pan. Cut into 1" cubes. Place in large bowl and drizzle with $\frac{1}{2}$ cup lemonade. Cover with plastic wrap; set aside. In large bowl, combine cream cheese and frosting; beat until light and fluffy and soft-set gelatin. Continue beating until smooth. Assemble trifle by placing half of cake into 3- to 4-quart bowl or mold. Spoon half of gelatin mixture over cake. Repeat with remaining cake and gelatin mixture. Cover and chill 3 to 5 hours or until set. To serve, unmold onto serving plate. Frost with whipped cream. Store in refrigerator. Makes 16 servings.

Leona Paltzer
Appleton, WI

LEMON DESSERT

CRUST:

½ C. margarine 2 T. sugar
1 C. flour

Cream all of the above. Pat in 9x13" pan and bake at 375° for 10 to 15 minutes, until light brown.

FILLING:

1 large (8 oz.) cream cheese 1 C. powdered sugar

Blend together. Fold in 1 heaping cup of Cool Whip. Pour over cooled crust.

TOP LAYER: Mix 2 packages instant pudding (lemon is what I use, but any flavor will do) and 2 cups cold milk. Beat until thick. Spread over cream cheese layer. Top with remaining Cool Whip. Chill.

Jean Tucka
North Chicago, IL

LEMON DAFFODIL DESSERT

6 eggs, separated ½ C. heavy whipping cream
1 C. white sugar ⅓ to ½ C. lemon juice
1 env. Knox gelatine 1 tsp. lemon rind
1-11 oz. loaf angel food cake ½ C. cold water

Combine slightly-beaten egg yolks, ½ cup sugar, lemon rind and juice in double boiler. Cook over water, stirring constantly until it thickens, remove from heat and stir in gelatine which has been softened in the cold water. Cool until partially set. Meanwhile, tear cake into bite-size pieces, set aside. Beat egg whites until foamy, gradually beat in remaining sugar to make a soft meringue to hold a peak. Whip cream, fold into meringue, then fold in lemon mixture and carefully fold into meringue. Then fold in lemon mixture and carefully fold in cake pieces. Spoon into square pan and refrigerate overnight. Serves 9. You may serve whipped cream on top if so desired.

Janet Berning
Albertville, MN

STRAWBERRY PRETZEL MOLD

3 T. sugar	1 C. sugar
1½ sticks margarine (¾ C.)	1-8 oz. Cool Whip
1½ C. crushed pretzels	2-3 oz. pkgs. strawberry jello
1-8 oz. cream cheese	2-10 oz. pkgs. sliced frozen strawberries

1. Cream 3 tablespoons sugar with 1½ sticks of softened margarine. Add 1½ cups of crushed pretzels (twisted kind, use rolling pin to crush pretzels). Press into 9x13" pan. Bake at 350° preheated oven for 10 minutes. Cool.

2. Mix 1 large softened cream cheese (8 ounces) with 1 cup sugar and 1 large (8 ounce) Cool Whip, till completely blended. Spread over cooled crust.

3. Dissolve 2 small packages strawberry jello (3 ounces each) into 2 cups of boiling water. Add ½ cup of cold water plus 2-10 ounce packages frozen strawberries. Break up strawberries with a fork. Let this set for about 20 minutes till cool. Then pour over cream cheese layer. Refrigerate till jello has set. Cut into squares to serve.

Jane Holda
Mt. Prospect, IL

RAISIN FRITTERS

¼ tsp. salt	3 T. sugar
2 C. flour	2 tsp. baking powder

Sift the above 4 items together. Add 2 eggs, beaten, 1 cup buttermilk, ½ cup raisins and ½ teaspoon soda dissolved in a little water. Mix well and drop with a spoon into hot fat. Turn and when brown enough, place on paper towel.

Catherine Bellmore (Underberg)
Breckenridge, MN

PUMPKIN DESSERT

1 large can pumpkin	1 C. chopped nutmeats
1 pkg. cake mix	¾ C. melted margarine

Mix pumpkin. Pour into greased 9x13" cake pan. Top with dry cake mix. Add chopped nutmeats. Pour over all the melted margarine. Bake at 350° for 1 hour or until top is golden brown.

Sharon Trewin
New Hampton, IA

BLARNEY STONES

4 eggs, separated	1½ tsp. baking powder
1 C. sugar	½ C. boiling water
1 C. flour	1 tsp. vanilla

Beat yolks until thick, fold in rest of ingredients. Beat whites. Fold into batter. Bake for 25 to 30 minutes in an ungreased 9x13" pan at 350°.

ICING:

1 egg yolk	⅓ C. butter
2 C. powdered sugar	Milk to spreading consistency

Frost and sprinkle with 1 cup white salted peanuts, chopped.

Nancy Atwood
Waukegan, IL

HOMEMADE ICE CREAM

4 eggs, well beaten	1 tsp. vanilla
2 C. sugar	4 C. cream
¼ tsp. salt	4 C. milk

Combine all ingredients, stir well. Pour into 1-gallon can freezer and plug in, if electric; turn for about ½ hour, if hand churner. Pack with ice. Serves about 10 to 12 people.

Sister Charlene Schafer, S.Sp.S.
Techny, IL

FOOLPROOF PIE CRUST

4 C. flour	½ C. water
1 T. sugar	1 T. white or cider vinegar
2 tsp. salt	1 large egg
1¾ C. shortening	

Combine dry ingredients. Cut in shortening. In a small bowl, combine wet ingredients. Add to flour mixture and mix until moistened. Makes 2-9" double crusts.

Joan Crowley
Conneautville, PA

NEVER FAIL PIE CRUST

2 C. sifted flour	1 tsp. salt
$\frac{3}{4}$ C. shortening	4 T. cold water

Makes double 8 or 9" crust. Mix flour and salt in large mixing bowl. Cut shortening into flour with 2 knives or pastry blender until mixture is very fine. Chill until needed.

Mrs. Pearl Stoops
Dayton, OH

AUNT BETTY'S PIE CRUST FOR 1-CRUST PIE

1 C. plus 2 level T. flour	3 T. water
$\frac{1}{3}$ C. Wesson oil	

Mix well and form a round ball. Place between 2 pieces of waxed paper dusted with flour. Roll and fit into a pie dish. Prick. Bake at 375° until golden brown.

Mary Jane Staebell
Jesup, IA

FLUFFY PUMPKIN PIE

1-16 oz. can pumpkin	$\frac{1}{4}$ tsp. ground cloves
1 C. milk	$\frac{1}{4}$ tsp. salt
$\frac{1}{2}$ C. sugar	1 T. rum (optional)
1 tsp. ground cinnamon	3 eggs
$\frac{1}{2}$ tsp. ground nutmeg	1 unbaked deep-dish 9"
$\frac{1}{4}$ tsp. ground ginger	pastry shell

Combine pumpkin, milk, sugar, spices and salt; stir well. Add rum, if desired. Separate 1 egg and set white aside; combine yolk and remaining 2 eggs, beating well. Stir into pumpkin mixture. Beat egg white (at room temperature) until stiff, fold into pumpkin mixture. Pour filling into pastry shell. Bake at 425° for 45 minutes or until pie is firm in center. (Crust may need to be covered with foil after about 30 minutes of baking to prevent overbrowning.) Cool. Yields 1-9" pie. (Delicious, light and fluffy.)

Mrs. Thomas Wall
Harper Woods, MI

LEMON TORTE

CRUST:

1 C. flour

1 T. sugar

¼ lb. butter or margarine

Work together and line an 8x8" pan. Bake at 350° for approximately 20 minutes.

TOPPING:

4 eggs (separated)

1 lemon (juice and rind)

1 C. sugar

1 env. Knox unflavored gelatin
dissolved in 3/8 C. cold
water

Beat egg yolks until light and fluffy. Add sugar gradually, beating constantly. Add lemon juice and rind. Cook in top of double boiler until custard coats spoon. Remove from heat and add gelatin. Cool until almost ready to set. Beat egg whites stiff. Fold in custard mixture gradually, mixing well. Pour over cooled crust and refrigerate overnight. Cover with whipped cream at least 2 hours before serving. Garnish with maraschino cherries. Recipe may be doubled for a 9x13" cake pan.

Mrs. Vennie Brandt
Fort Atkinson, IA

LEMON CHIFFON PIE

1-4 oz. lemon pudding pie mix

Add ¼ cup water, 3 egg yolks, beat or mix together. Add 2 cups water and cook over medium heat as directed on the package. Add 1-4 ounce package lemon jello and 1 teaspoon ReaLemon. Cool until it mounds when dropped from spoon. Beat 3 egg whites and add 1 cup sugar. Fold pudding gradually into egg whites. Place in baked single pie shell. Garnish as desired.

Sharon Trewin
New Hampton, IA

LEMON PIE

2 C. water	2 T. cornstarch
1 lemon	1 T. butter
1 C. sugar	3 eggs
	1 baked pie shell

Put 2 cups water on to boil in saucepan. Squeeze juice from 1 lemon, reserve. Put lemon skins in water and boil for 5 minutes. Remove skins from water. Mix sugar, cornstarch, reserved lemon juice and 3 egg yolks. Slowly stir this mixture into boiling water. Cook a few minutes. Remove from heat, add butter. Pour into pie shell. Cover with meringue made with 3 egg whites. Brown in hot oven.

Frances Underberg
Kent, MN

BLUEBERRY PIE

1 graham cracker crust	1 T. lemon juice
$\frac{3}{4}$ C. sugar	1 T. butter
3 T. cornstarch	$\frac{1}{8}$ tsp. almond extract
$\frac{1}{8}$ tsp. salt	1 C. powdered sugar
1 C. water	1-8 oz. pkg. cream cheese,
$1\frac{1}{2}$ pts. berries	softened

Combine granulated sugar, cornstarch, salt, water and berries. Cook over low heat, stirring till thick (berries pop). Stir in lemon juice, butter and almond extract. Cool. Beat powdered sugar into cream cheese until fluffy. Spread in pie crust. Top with berry filling. Refrigerate at least 2 hours. Strawberries or raspberries may be substituted.

Joan Murawski
Glenview, IL

BLUEBERRY SWIRL PIE

1 baked pie shell	½ C. boiling water
1 small pkg. lemon jello	1 can blueberry pie filling
	½ C. sour cream

Dissolve jello in boiling water. Stir in pie filling. Chill until thickened, then pour into pie crust. Drop sour cream heaping spoonfuls over pie, then cut in to make swirls.

NO ROLL PIE CRUST:

1½ C. flour	½ C. scant oil
2 tsp. sugar	2 T. milk
½ tsp. salt	Combine.
Combine.	

Mix into flour with a fork. Work gently into a ball, flatten and press evenly into bottom and sides of pan. Fill as desired or for a baked shell prick entire crust with a fork and bake at 425° for about 10 to 12 minutes. It's easy and good.

Sr. Doris Przybilla, S.Sp.S.
Norway, MI

COCONUT CUSTARD PIE (MAKES OWN CRUST)

4 eggs, beaten well	¼ C. oleo, melted
1 C. sugar	½ C. milk
1 tsp. vanilla	1 C. coconut
½ C. flour	

Mix all ingredients and pour into well-greased pie pan. Makes 1 large pie. Bake at 350° for 45 minutes.

Dawn Duneman
New Hampton, IA

RHUBARB COCONUT CUSTARD PIE

¼ tsp. salt	3 egg yolks
4 T. flour	3 C. rhubarb
1½ C. sugar	½ C. flaked coconut
¼ C. milk	

Blend together salt, flour and sugar. Beat together slightly and add to first 3 ingredients the milk and egg yolks. Fold in 3 cups rhubarb and ½ cup flaked coconut and pour mixture into unbaked pie crust. Beat 2 more eggs until foamy. Pour over and bake at 400° for 45 minutes. Or make meringue out of white after pie is baked.

Gail Lonergan
New Hampton, IA

NEW ORLEANS PECAN PIE

3 eggs, separated	Pinch of salt
1 C. sour cream	1 baked pie shell, cooled
1 C. sugar	1 C. (packed) brown sugar
4 T. cornstarch	1 C. chopped pecans
¼ tsp. grated lemon rind	

Mix the egg yolks, sour cream, sugar, cornstarch, lemon rind and salt in top of double boiler and cook over boiling water until thick, stirring constantly. Pour into pie shell. Beat the egg whites until stiff, adding brown sugar slowly. Fold in pecans and spread over filling. Bake at 425° until lightly browned. Refrigerate for several hours before serving. One-fourth teaspoon lemon extract may be substituted for grated lemon rind.

Sr. M. Rosaria Martello, RSM
Vicksburg, MS

FAMOUS PECAN PIE

1 C. white corn syrup	1 heaping C. of shelled pecans
1 C. brown sugar	3 whole eggs (beaten)
⅓ C. melted butter	½ tsp. vanilla
	¼ tsp. salt

Mix above ingredients well, pour into an unbaked 9" pastry pie shell and bake in a 350° oven for 45 to 50 minutes. Cool and top it with whipped cream or ice cream, if desired.

Duffy Collins, New Hampton, IA
Sr. Mary Frances Bartsch, O.L.V.M., Greeley, CO

PEANUT BUTTER PIE

CRUST:

1 C. cinnamon crisp 3 tsp. melted butter

Mix together and press into an 8" pie pan. Place in preheated 350° oven for 7 minutes. Remove and cool.

FILLING:

1 C. peanut butter 2/3 C. sugar
1-8 oz. pkg. cream cheese

Mix these in bowl. Then add 2 teaspoons melted butter, 1 cup whipped cream and 1 teaspoon vanilla. Mix well and pour into crust. Chill 4 or 5 hours.

Pauline Cenni
Brandy Camp, PA

PALMIN - KEKSTORTE

1/2 lb. (250 grams) palmin (can be obtained at an International store)	1 T. instant coffee (to taste)
2 eggs	Pinch of salt
2 C. sugar	1 T. rum or rum flavored substitute (optional)
1 C. unsweetened cocoa (to taste)	1 pkg. tea biscuits

Melt palmin gradually over low heat. Set aside to cool. Beat eggs and sugar until light and fluffy. Gradually add the coffee and cocoa. Slowly add the cooled palmin. Line a small loaf pan with waxed paper. Alternate a layer of biscuits (placing the biscuits close together) with a layer of the chocolate mixture. Repeat. Cool in refrigerator for a few hours before serving. Place cake upside down on platter. Slice pieces about 3/4" thick.

Consume while fresh. Delicious, but does not keep well.

Sr. Maria Fischer, S.Sp.S.
Techny, IL

CREAMY EGGNOG PIE

CRUST:

1 C. quick oats, uncooked
1/3 C. finely chopped nuts
1/3 C. firmly packed brown
sugar
1/4 C. butter or margarine,
melted
1/2 tsp. cinnamon
1/8 tsp. nutmeg

FILLING:

2 envs. unflavored gelatin
1/2 C. cold water
2 1/2 C. cold eggnog
1 T. brandy extract
1 1/2 C. heavy cream
1/4 C. granulated sugar

CRUST: Combine all ingredients; mix well. Press evenly and firmly onto bottom and sides of very lightly oiled 9" pie plate. Bake in preheated moderate oven (375°) for about 8 minutes or until golden brown; cool.

FILLING: Soften gelatin in cold water, stir over low heat until dissolved. Gradually add to combined eggnog and brandy extract; mix well. Chill about 5 minutes or until mixture is very thick, but not set. Beat together cream and sugar until stiff peaks form. Beat thickened gelatin mixture at high speed on electric mixer about 2 minutes or until mixture is slightly fluffy. Fold whipped cream mixture into gelatin mixture. Chill 15 to 20 minutes or until mixture mounds when dropped from a spoon. Mound into crust; chill until firm. Sprinkle with additional nutmeg and garnish with pecan halves, if desired. Yields 1-9" pie.

This can also be used without crust - mound into dessert dishes and top with a red cherry and pecan halves.

Sister Mary Frances Bartsch O.L.V.I.
Greeley, CO

Each new day can be a door to joys we've never known before.

STRAWBERRY CHEESE PIE

CRUST:

16 graham crackers (about
1 C. crumbs)
2 T. sugar
3 T. melted butter

FILLING:

2 eggs
½ C. sugar
2-8 oz. pkgs. cream cheese,
room temperature
1 tsp. vanilla

CRUST: Roll fine graham crackers; add sugar and butter. Cover bottom of springform pan.

FILLING: Beat ingredients 15 minutes with mixer. Pour into pan and bake 20 minutes at 350°. Remove from oven. While the filling is baking; beat 2½ tablespoons sugar, ½ pint sour cream, 1 teaspoon vanilla till smooth. Spread carefully over filling and return to oven for 5 minutes. Let cool completely.

GLAZE:

1¼ C. plus 1 T. sugar
1 lb. box frozen strawberries

1½ T. cornstarch

Combine and mix well in saucepan the sugar and cornstarch. Add strained juice from strawberries. Set berries aside, do not mash. Cook till thick and clear. Let cool; remove sides of pan. Add berries. Pour over filling. Refrigerate till serving time.

Ann Zyber
Mt. Morris, MI

FRESH STRAWBERRY PIE

FILLING:

1½ qts. fresh strawberries
3 rounded T. cornstarch

1 C. sugar
2 T. lemon juice

Bake and cool a 9" pie crust. Wash and stem berries; mash half the berries. Stir in sugar mixed with cornstarch. Cook until clear and thick (about 5 minutes). Remove from fire and stir in lemon juice. Cool. Fold in whole berries and pour into pie shell (red food coloring may be added). Chill and top with whipped cream.

Mrs. Vennie Brandt
Fort Atkinson, IA

STRAWBERRY PARFAIT PIE

1-3 oz. pkg. strawberry jello	1 C. sliced, fresh strawberries
1 C. boiling water	1-9" baked pie shell
½ C. cold water	Whipped topping
1 pt. vanilla ice cream	

Dissolve strawberry jello in boiling water. Add cold water. Stir. Add ice cream by spoonfuls, stir until melted. Chill until mixture mounds slightly. Gently fold in sliced fresh strawberries. Turn into baked and cooled pie crust. Chill until firm. Trim with whipped topping. Garnish with additional berries. Graham cracker crust can be used.

Mary Ann Wappelhorst
Colwich, KS

MORRISSEY'S FRESH STRAWBERRY PIE

PRESSED CRUST:

1½ C. flour
½ C. vegetable oil
2 T. milk
2 T. sugar
Dash of salt

FILLING:

¾ C. sugar
2 T. white corn syrup
3½ T. cornstarch
1 C. water
3 T. strawberry gelatin
1 qt. fresh strawberries

Combine ingredients for crust and press into pie plate and bake for 30 to 35 minutes at 275°. Remove and let cool. Mix sugar, corn syrup, water and cornstarch. Heat until thick and clear, stirring occasionally. Add gelatin and stir well. Cool slightly. Arrange fresh strawberries in crust and pour mixture over berries. Chill before serving. Garnish with whipped cream.

Vince & Sue Morrissey
New Hampton, IA

STRAWBERRY-CHEESE CHRISTMAS PIE

CRUST:

2 C. flaked coconut
2 T. sugar

1 T. flour
2 T. melted butter

Mix together well and press into 9" pie pan. Bake at 350° for 10 minutes and cool; chill well.

FILLING: Spread $\frac{3}{4}$ of a 10 ounce jar pure strawberry preserves over chilled crust.

COMBINE IN BOWL:

1-8 oz. pkg. softened cream
cheese
 $\frac{1}{4}$ C. sifted powdered sugar

$\frac{1}{2}$ C. chopped pecans
1 T. milk
1 tsp. cooking sherry, rum or
almond extract

Blend well, spread over preserves carefully.

TOPPING: Combine 1 cup heavy cream and $\frac{1}{4}$ cup sifted powdered sugar in bowl. Whip until stiff, spoon over cheese filling. Garnish with remaining preserves and freeze only until firm. Refrigerate after firm until served.

S.Sp.S. Sisters
Techny, Convent Kitchen

MILLIONAIRE PIE

2 C. powdered sugar
1 stick margarine, softened
1 large egg
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. vanilla

2-8" baked pie crusts
1 C. heavy cream
 $\frac{1}{2}$ C. chopped nuts
1 C. crushed pineapple

Cream together sugar and margarine. Add egg, salt and vanilla. Mix until light and fluffy. Spoon mixture evenly into pie crusts. Chill. Whip cream until stiff. Blend in drained pineapple and nuts. Spoon on top of egg mixture and chill thoroughly. Makes 2 pies. Very good!

Sr. Mathilde Steffens, S.Sp.S.
Techny, IL

CHERRY TOPPED CHEESE PIE

- | | |
|---------------------------------------|--------------------------------------|
| 1-8 oz. pkg. softened cream
cheese | 2 C. thawed Cool Whip |
| ½ C. sugar | 1-8" unbaked graham cracker
crust |
| | 1 C. canned cherry pie filling |

Beat together softened cream cheese and sugar until creamy. Blend in thawed Cool Whip. Pour into unbaked graham cracker crust. Top with cherry pie filling. Chill at least 3 hours before serving.

Sr. Benna Henken, S.Sp.S.
Techny, IL

BRANDY PIE

- | | |
|-------------------------------------|--|
| 1 chocolate flavored
ready crust | 1¾ C. whipped topping |
| 1 C. powdered milk | 2 tsp. brandy |
| 3 T. butter, melted | 1 T. instant coffee |
| ⅔ C. sugar | ½ tsp. vanilla extract |
| ⅓ C. water, boiling | Shaved chocolate or chocolate
curls |

Combine milk, sugar, blending well; add butter and water and mix well. In a large bowl, combine whipped topping, brandy, coffee and vanilla. Fold into blended mixture. Pour into crust and freeze 4 to 6 hours. Garnish with chocolate curls.

Sister Elizabeth Ann Dudas, S.Sp.S.
Waukegan, IL

APPLE PIZZA PIE

6 or 7 tart apples
MIX:
½ C. sugar
1 tsp. cinnamon
¼ tsp. nutmeg

CRUMBLE TOPPING - MIX:
¾ C. flour
½ C. sugar
½ C. oleo or butter

Cut oleo into flour and sugar mixture, mix until crumbly. Prepare pastry for 8 or 9" two-crust pie (I use half whole wheat and half white flour for pastry) as directed, except roll 1" larger than a 12 or 13" pizza pan; flute edge. Cut apples into thin slices. Beginning at edge of crust and overlapping slices, cover crust with apples. Stir sugar, cinnamon and nutmeg, sprinkle over apple slices. Top with crumble topping. Bake at 450° for 30 to 40 minutes or until edge is brown and apples are tender. Best served warm.

Marie Rost
Savannah, MO

FRESH APPLE PIE

2 sticks or 1 packet any pie
crust mix
¾ C. sugar
¼ C. Gold Medal flour
½ tsp. nutmeg

½ tsp. cinnamon
Dash of salt
6 C. thinly sliced, pared
tart apples (about 5 medium)
2 T. butter or margarine

Heat oven to 425° F. Prepare pastry for 9" two-crust pie as directed on package. Stir together sugar, flour, nutmeg, cinnamon and salt. Mix lightly with apples. Pour into pastry-lined pie pan. Dot with butter. Cover with top crust which has slits cut in it; seal and flute. Cover edge with 2 to 3" strip of aluminum foil to prevent excessive browning; remove foil last 15 minutes of baking. Bake 40 to 50 minutes or until crust is brown and juice begins to bubble through slits in crust. Serve warm.

Apple-Cheese Surprise Pie: Pour half of apple mixture into pastry-lined pie pan. Top with 5 slices (1 ounce each) process American cheese. Cover cheese with remaining apple mixture. Bake 40 to 45 minutes.

Green Apple Pie: Increase sugar to 1 ¼ cups and use green apples.

Carmel K. O'Kane
Skokie, IL

NESSELRODE PIE

PIE SHELL:

25 crisp chocolate wafers
(about 2"), broken

$\frac{1}{4}$ C. butter or margarine,
melted

FILLING:

2 eggs

$1\frac{1}{2}$ envs. unflavored
gelatine

$\frac{1}{4}$ C. cold water

2 C. light cream

$\frac{2}{3}$ C. sugar

Dash of salt

3 T. golden rum

$\frac{3}{4}$ C. bottled Nesselrode sauce

1 C. heavy cream, chilled

1-1 oz. square semi-sweet
chocolate

Make pie shell: In blender or food processor, blend cookies and butter just until cookies become crumbs. Turn into 9" pie plate. With back of spoon, press evenly on bottom, side and rim. Make filling: Separate eggs, placing yolks in small bowl, whites in large bowl. Let whites warm to room temperature, about 1 hour. In small bowl, sprinkle gelatine over cold water to soften, 5 minutes. In top of double boiler over medium heat, heat cream slightly (do not boil); add $\frac{1}{3}$ cup sugar, the salt and gelatine; heat, stirring to dissolve gelatine. Remove from heat. In medium bowl with electric beater, beat egg yolks until thick; stir in $\frac{1}{2}$ cup cream mixture, mix well. Return to rest of cream mixture in top of double boiler. Place over boiling water; cook, stirring, until thickened and coats a metal spoon, 5 minutes. Set pan in bowl of ice, stirring occasionally, until gelatine mixture just begins to set, 20 to 25 minutes. Stir in rum and $\frac{1}{2}$ cup Nesselrode. Remove from ice water. In medium bowl, whip cream until stiff; refrigerate. Meanwhile, beat whites just until soft peaks form. Gradually beat in remaining sugar, 2 tablespoons at a time. Continue beating until stiff peaks form when beater is slowly raised. With wire whisk or rubber scraper, gently fold yolk mixture into whites, to combine well. Fold in half of whipped cream. Refrigerate the rest. Turn into pie shell; mound high and smooth top with spatula. Refrigerate until firm, 4 hours or overnight. To serve, spread with rest of whipped cream. With vegetable parer, shave chocolate over top. Decorate edge with $\frac{1}{4}$ cup Nesselrode sauce. Makes 8 servings.

Sr. Mary Antonia Rademacher, S.Sp.S.
Techny, IL

GRASSHOPPER PIE

1 Pillsbury Plus chocolate
fudge cake mix
 $\frac{3}{4}$ C. water
 $\frac{1}{4}$ C. oil (corn or vegetable
oil)

$\frac{3}{4}$ C. chocolate fudge
ready-to-spread icing
 $\frac{1}{2}$ gal. (green) mint ice cream,
slightly softened

Combine cake mix, water, oil and icing. Mix together and spread mixture into 2 greased and floured 9" pie plates. Bake these in 350° oven for 25 to 30 minutes. Remove and cool well. After cake is fully cooled, add the mint ice cream, gently pressing slightly softened ice cream into middle and top of cake forming a fudge-like crusted pie. Freeze at once. Serve frozen.

Patricia Sparks
Zion, IL

MORMON PIE

CRUST:

1 C. melted butter
2 C. flour

1 C. nuts

Mix together and pat into a 9x13" pan. Bake 15 minutes at 350° F. Let cool.

FIRST LAYER:

1-8 oz. cream cheese

1 C. powdered sugar

Mix and spread over crust.

SECOND LAYER:

1 large instant pudding (any
flavor, but chocolate is
very good)

1 small instant vanilla pudding
3 C. milk

Mix until stiff. Pour over first layer.

THIRD LAYER: Spread Cool Whip all over and top with chopped walnuts.

Kathy Altman
Coon Rapids, MN

CHOCOLATE PIE

1 baked pie shell	2 T. cocoa
FILLING:	2 eggs
1 C. sugar	1 C. Pet milk
2 heaping T. flour	1 C. water

Put sugar, flour, cocoa in mixing bowl. Mix well. Add eggs, milk, water. Cook until thick then put into baked pie shell. Cool. Spread 1 pint whipping cream evenly over cooled pie.

Mrs. Mamie C. Sudduth
Newport, AR

TEXAS BROWNIE PIE

3 egg whites	$\frac{3}{4}$ C. chopped pecans or walnuts
$\frac{3}{4}$ C. sugar	1 C. whipped topping
$\frac{3}{4}$ C. graham cracker crumbs	Pinch of salt
1 $\frac{1}{2}$ tsp. vanilla	

Beat the egg whites and the salt until they stand in soft peaks. Add the sugar gradually, beating until stiff peaks form. FOLD IN (don't use a mixer!) the crumbs, nuts and the vanilla. Spoon evenly into a lightly buttered pie pan. Bake at 325° for about 25 to 30 minutes. Let the pie cool completely. Spread top with the whipped topping and sprinkle with extra chopped nuts, if desired. Then chill the pie at least 2 hours before serving. Yields 8 servings.

Mrs. Eugene L. Zibrat
Greenbelt, MD

Beauty you can feel is just as real as beauty you can see.

MAMA'S "BEST" CHOCOLATE PIE

4 T. (heaping) flour	4 egg yolks
4 T. cocoa	2 C. milk
2 C. sugar	2 T. butter
	1 T. vanilla

Mix the dry ingredients. Add the egg yolks and the milk. Cook over medium heat, stirring constantly. When very thick and smooth, add butter and vanilla. Continue stirring until blended and smooth again. Remove from heat. Cool slightly. Pour into a baked pastry pie shell and chill well. May be topped with whipped topping or with meringue and browned lightly. Yields 8 servings.

This recipe was given to my mother by her mother who learned it from HER grandmother. It makes a very rich and fudgey pie!

Mrs. Eugene L. Zibrat
Greenbelt, MD

FRENCH SILK PIE

½ C. butter or oleo	1½ squares melted chocolate
¾ C. sugar	(cooled)
	1 tsp. vanilla
	2 eggs

Cream butter and sugar. Add chocolate and vanilla. Add eggs, one at a time, and beat each 5 minutes on medium speed. Pour in pie shell. Refrigerate 2 hours. Good in graham cracker crust, also.

Ruth Bernatz
New Hampton, IA

EGG CUSTARD

4 eggs	1 tsp. vanilla
½ C. granulated sugar	2⅔ C. whole milk
½ tsp. salt	Nutmeg

Mix all ingredients; pour in oven casserole and sprinkle top with a little nutmeg. Set bowl in a pan of cold water in oven and bake at 350° for 45 to 60 minutes. Test with cold knife and if it comes clean, egg custard is done.

Irene Yester
Pittsburg, PA

POOR MAN'S PUDDING

1½ C. packed brown sugar	1 C. all-purpose flour
1 tsp. lemon extract	2 tsp. baking powder
3 T. margarine	½ C. milk
½ C. seedless raisins	Dash of salt

In a saucepan, bring to boil the 1 cup brown sugar, flavoring and 2 tablespoons margarine; pour into a shallow 2-quart baking dish. Mix remaining sugar, margarine and other ingredients. Drop by teaspoon into syrup. Bake at 350° for 30 minutes. Serve warm.

Joan Crowley
Conneautville, PA

FILIPINO CUSTARD (LECHE PLAN)

1 doz. eggs	1 tsp. vanilla
1 can condensed milk	4 T. white sugar
1 can evaporated milk	

Melt the sugar in a 5x8" baking pan on a low flame. Separate the egg yolk from the white. Add condensed milk and evaporated milk in the egg yolk. Stir slowly. Do not beat or whip, then add the vanilla, stir again until dissolved. Strain in a clean cloth, then pour into the pan with melted sugar. Steam for 30 to 45 minutes. Let cool, transfer to a plate. Make sure it is upside down when served. Decorate with raspberries.

Sahlee Castro Solomon
Niles, IL

Wisdom -- knowing what to do.
Skill -- knowing how to do it.
Virtue -- doing it.

PEACH CUSTARD

3 C. flour
1 tsp. salt

1 C. butter or margarine

Mix together with a fork until mixture looks like coarse meal. Press mixture firmly onto bottom and halfway up the sides of a buttered 9x13" pan. Drain 2 large cans of sliced peaches well. Save juice from peaches. Layer peaches on top of crust. Sprinkle 1 cup sugar and 1 teaspoon of cinnamon on top of the peaches. Bake for 20 minutes at 375°. While this is baking, mix together the following:

1 C. syrup from peaches
2 eggs

1 large can condensed milk
(Carnation or Pet)
2 tsp. vanilla

As soon as the bottom layer comes out of the oven, pour the above mixture over the peaches. Put back in the oven and bake an additional 30 minutes. Cool and serve with Cool Whip.

Mavis Landsverk
Wadsworth, IL

SUNSHINE PIE

A pound of patience, you must find
Mixed well with loving words, so kind.
Drop in two pounds of helpful deeds
And thoughts of other people's needs.
A pack of smiles to make the crust,
Then stir, and bake it well, you must.
And now, I ask that you may try
The recipe of this Sunshine Pie.

Joan Crowley
Conneautville, PA

OLD FRENCH HOUSE BREAD PUDDING

- | | |
|---------------------|----------------------------|
| 10 oz. French bread | 2 C. milk |
| 6 eggs | ½ C. cream (half and half) |
| ½ tsp. cinnamon | 2 tsp. vanilla extract |
| 1 T. nutmeg | 1½ C. seedless raisins |
| ¼ C. sugar | 2 sticks butter |

In bowl, combine eggs, cinnamon and nutmeg, mix well. Add to this mixture the sugar, milk, cream and vanilla extract. Mix well. Cut up bread in bite-size pieces in baking dish (about 1½ quarts). Add raisins and melted butter to bread. Pour mixture over bread. Bake about 30 minutes or until it is golden brown. Serves 12.

RUM SAUCE:

- | | |
|----------------------|-----------------------|
| 2½ C. milk (scalded) | Dash of cinnamon |
| ¾ C. sugar | Dash of nutmeg |
| 6 T. flour | 1 tsp. vanilla flavor |
| 4 eggs (beaten well) | 1 tsp. rum flavor |
| 1 stick butter | 1 oz. rum |

In saucepan, melt butter; add flour and mix well. Add scalded milk and sugar. Cook over low heat until thick. Beat in eggs and remove from heat. Add nutmeg, cinnamon, vanilla and rum. Serve over pudding.

Sr. Betty Tranel, S.Sp.S.
Jackson, MS

BREAD PUDDING

- | | |
|--------------------------------------|----------------------|
| 4 C. bread crumbs or
soaked bread | ½ C. chopped walnuts |
| 2 C. chopped apples or
pineapple | ½ C. brown sugar |
| 1 C. raisins | ¾ C. regular sugar |
| | ½ C. pancake syrup |

Mix in bowl and put into greased baking dish. Mix 2 to 3 cups milk, 3 eggs and ½ teaspoon vanilla. Beat until blended and pour over mixture in pan. Bake about 1 hour at 350°.

Terry Fischette
Chatsworth, CA

DATE PUDDING

- | | |
|----------------------|--------------------|
| 1 C. flour | 1 C. dates |
| 1 C. sugar | 1 C. broken nuts |
| 1 tsp. baking powder | 1 C. brown sugar |
| 1/8 tsp. salt | 1 T. butter |
| 1/2 C. sweet milk | 2 C. boiling water |

Sift together flour, sugar, baking powder and salt 3 or 5 times. Add the rest of the ingredients. Mix well and put in buttered pan, then mix 1 cup brown sugar, 2 cups boiling water, 1 tablespoon butter and pour over above mixture. Bake 30 or 40 minutes at 350°.

Gail Lonergan
New Hampton, IA

CHINESE ALMOND CURD

- | | |
|----------------------------|--------------------------------------|
| 1 qt. milk | 1/2 C. sugar |
| 2 pkgs. unflavored gelatin | 1 T. almond extract |
| 1/2 C. water | 1 can fruit cocktail or
tangerine |

Soften gelatin in 1/2 cup of water. Scald the milk. Add sugar, gelatin and almond extract to milk. Refrigerate. Add fruit cocktail.

Sr. Arnolda Chang, S.Sp.S.
Norway, MI

QUICK PUDDING

- | | |
|----------------------|---------------------------|
| 1 C. flour | Pinch of salt |
| 1 C. sugar | 1/2 C. raisins (optional) |
| 2 tsp. baking powder | 1/2 C. milk |

Sift dry ingredients together. Add raisins, mixing well. Add milk and mix well. Spread into a 9x13" pan.

SAUCE:

- | | |
|------------------|--------------------|
| 1 C. brown sugar | 2 C. boiling water |
| 1 tsp. butter | |

Pour sauce over batter. Bake at 350° for 30 to 40 minutes. Caramel sauce will be on the bottom and cake on top!

Ruth Altman
Spring Lake Park, MN

STRAWBERRY BAVARIAN CREAM

1 pt. strawberries, hulled
2 eggs, separated
1 env. unflavored gelatin
½ C. plus 2 T. sugar

1 T. freshly squeezed lemon
juice
½ tsp. vanilla extract
1 C. heavy cream
Strawberries and whipped
cream for garnish (optional)

Place strawberries in container of electric blender or food processor. Cover; whirl until pureed. Combine $\frac{3}{4}$ cup of the puree with egg yolks in medium-size saucepan. Stir in gelatin and $\frac{1}{2}$ cup of the sugar. Place over very low heat; stir until gelatin and sugar are dissolved. Transfer to medium-size bowl. Stir in remaining strawberry puree, lemon juice and vanilla. Set bowl in large bowl of ice and water. Refrigerate, stirring occasionally, until mixture mounds slightly when spooned, about 30 minutes. Beat egg whites in small bowl until foamy. Beat in remaining 2 tablespoons sugar, 1 tablespoon at a time, until meringue forms soft peaks. Fold into strawberry mixture. Without washing the bowl and the beaters, beat the cream in the bowl until soft peaks form. Fold in strawberry mixture. Rinse a 5-cup ring or other decorated mold with cold water; shake out excess. Pour strawberry mixture into mold. Gently tap mold on counter to settle mixture. Smooth top with spatula. Refrigerate until set, 4 to 6 hours. To serve, very briefly dip the mold into bowl of warm water. Invert serving dish over mold; turn right side up. Gently shake mold to loosen; carefully remove mold. Garnish with whipped cream and strawberry slices, if you wish. Makes 8 servings.

Sr. Mary Antonia Rademacher, S.Sp.S.
Techny, IL

The smallest pleasure is big enough to share.

BUTTERSCOTCH PUDDING

CRUST:

½ C. butter, melted
Dash of salt

1 C. flour
½ C. pecans, chopped

Mix and pat into a 9x13" pan. Bake for 15 minutes at 350°.

1-8 oz. pkg. cream cheese
2 pkgs. butterscotch
pudding
1 C. powdered sugar

1 C. Cool Whip
3 C. milk
1 tsp. vanilla

Beat together cream cheese, powdered sugar and Cool Whip. Spread on cooled crust. Beat together pudding, milk and vanilla about 2 minutes on low speed. Spread over cream cheese mixture. Cover with remaining Cool Whip and chopped nuts. Refrigerate. Real whipping cream becomes runny if dessert is set too long. Any flavor pudding may be used.

Theresa Berning
Albertville, MN

SEVIYA PAYASUM (INDIAN)

4 oz. seviya
½ C. cashnut
½ C. raisins
2 T. butter

½ C. sugar
10 whole cardamon (powder
the seeds only)
1 tsp. cornstarch (optional)
1 to 2 medium bananas
(optional)

Fry serviya, cashnuts and raisins in the butter till it becomes golden brown. Add milk in level with the ingredients. If need thicker, add the cornstarch. Mix the sugar and let it cook for 5 minutes on a stove. Now remove from the stove and add powdered cardamon and banana.

Sr. Elias, CMC
Kerala, India

UPSIDE-DOWN CHOCOLATE BAKED NUT PUDDING

1 C. flour	3 T. cocoa
$\frac{3}{4}$ C. sugar	$\frac{1}{2}$ tsp. salt
2 tsp. baking powder	

Combine and sift into bowl.

ADD:

1 tsp. vanilla	2 T. salad oil or melted shortening
$\frac{1}{2}$ C. milk	$\frac{1}{2}$ C. chopped walnuts

Put batter in an 8x8x2" pan. Mix $1\frac{1}{4}$ cups light brown sugar and $\frac{1}{4}$ cup cocoa. Sprinkle over batter. Pour over contents in pan, 2 cups of hot water. Bake for 40 to 45 minutes at 350° to 375°. Delicious served with ice cream.

Jeanie Budweg
New Hampton, IA

VIRGINIA APPLE PUDDING

$\frac{1}{2}$ C. butter	$\frac{1}{4}$ tsp. salt
1 C. sugar	$\frac{3}{4}$ tsp. cinnamon
1 C. sifted flour	1 C. milk
2 tsp. baking powder	2 C. cooked or canned apple slices

Melt butter in 2-quart casserole. Combine next 6 ingredients. To make batter; pour on butter. Drain apples, pile in center of batter. Bake in moderate oven (350°) until batter covers fruit and crust browns, 30 to 40 minutes.

Imelda Venton
Gouverneur, NY

SWEDISH RICE PUDDING (MICROWAVE)

2 C. milk	1 tsp. vanilla
2 eggs (slightly beaten)	¼ tsp. cinnamon
½ C. sugar	½ C. Minute rice
	½ C. raisins

Pour milk into a 4-cup measure and place in microwave on 100% power for 5 or 5½ minutes until hot. Combine eggs, sugar, vanilla and cinnamon in 1½-quart casserole dish. Stir in rice, raisins and hot milk. Cover with a glass lid or plastic wrap. Place in microwave on 30% power for 12 or 13 minutes until set. Let stand covered 5 minutes. Serve warm or chilled.

Shirley (Weisbrodt) Gerwe
Aurora, IN

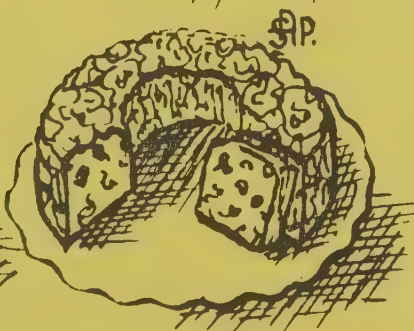
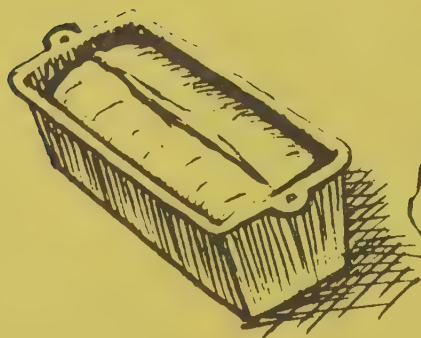
CHRISTMAS PLUM PUDDING

1 C. currants	1½ C. raisins
1 C. white raisins	1 C. flour
2 C. stale bread crumbs	1 C. shredded suet
1 C. plus 2 T. dark brown sugar	¼ C. chopped almonds
2 T. Guinness stout	4 beaten eggs
½ tsp. allspice	Juice of 1 lemon
½ C. rum	1 tsp. nutmeg
	2 T. candied fruit peel

1. Mix all the ingredients together in a large bowl and put them in either one English pudding bowl that holds approximately 7 to 8 cups or 2 smaller bowls if you prefer two puddings. Leave at least 1" at the top of the bowl so that the pudding has room to expand.
2. Cover with 2 sheets of waxed paper and a layer of aluminum foil. Tie down the top tightly with string and make a handle so that the pudding can be lifted.
3. Place an upturned saucer in the bottom of a large pan of water and bring the water to a boil. Lower the bowl into the water so it stands on the saucer and make sure that the water comes at least ¾ of the way up.
4. Cover and boil over low heat for 7 hours, checking from time to time to make sure that the water level does not drop. If it does, add more water.
5. Remove the pudding from the water and store it in a cool place.
6. On the day you eat the pudding, you should steam it for 2 hours in the same way as before. Then remove the cover and turn the pudding onto a serving plate.
7. Before serving, warm a little brandy in a saucepan, pour it over the top of the pudding and light it with a match. Serves 8.

Carmel K. O'Kane
Skokie, IL

CAKES AND FROSTINGS



STREUSEL COFFEE CAKE FROM TECHNY

DOUGH:

$\frac{3}{4}$ C. milk	$\frac{1}{2}$ C. very warm water
$\frac{1}{3}$ C. sugar	2 pkgs. or cakes yeast
1 tsp. salt	3 eggs, beaten
$\frac{1}{3}$ C. butter	$5\frac{1}{2}$ C. flour, sifted

Scald milk. Stir in sugar, salt and fat. Cool to lukewarm. Measure warm water into large bowl. Sprinkle or crumble in the yeast. Stir to dissolve. Add the lukewarm milk mixture, the eggs and the flour to yeast mixture. Stir until well blended. Cover. Chill in the refrigerator overnight or for at least 2 hours. Turn out onto a lightly-floured board and shape. This makes enough for 2 large coffee cakes. Let rise until doubled.

STREUSEL TOPPING:

5 parts flour ($1\frac{1}{4}$ C.)	3 parts butter ($\frac{3}{4}$ C.)
3 parts sugar ($\frac{3}{4}$ C.)	Dash of salt
	Vanilla or lemon extract

Mix flour, sugar and salt. Cut in butter and extract to taste. Sprinkle mixture over risen dough. Bake at 350° F. for about 30 minutes or until done.

Marjorie Taylor
Portland, OR

THANKLESS JOB

I clean the fridge and bake a cake,
Work the garden with spade and rake,
Scrub the floor and wash the clothes,
And all of this without repose.
Then just before you come home,
I'm called to that pesky telephone,
And you walk in and say,
"So this is how you spent your day."

YUM YUM CAKE

½ C. butter	2 C. flour
1 C. sugar	1 tsp. baking powder
½ tsp. salt	1 tsp. baking soda
1 tsp. vanilla	1 C. sour cream
	2 eggs

Sift flour before measuring. Cream butter. Add sugar, salt and vanilla. Beat until light and fluffy. Add eggs, one at a time, and beat after each. Sift flour, soda and baking powder together. Add dry ingredients and sour cream-butter mixture alternately, beginning and ending with flour. Pour half of batter into a lightly-greased 9x9x2" pan. Cover with half of the filling mixture. Pour rest of batter over this and top with remaining topping mixture.

FILLING AND TOPPING:

¾ C. brown sugar	¾ tsp. cinnamon
¾ C. granulated sugar	¾ C. pecans, finely chopped

Bake in preheated oven at 350° F. for 40 minutes or until done.

Sr. Theresella Underberg, S.Sp.S., Techny, IL
Ruth McFarland, Watertown, WI

ISABEL'S COFFEE CAKE

1¾ C. sugar	½ tsp. salt
1 C. margarine (softened)	1½ tsp. baking powder
4 eggs	1 tsp. vanilla
3 C. flour	

Cream sugar and margarine. Add eggs, one at a time, beating well after each addition. Add vanilla and then the sifted dry ingredients. Mix well. Spread ⅔ of batter in a 9x13" greased and floured pan. Spread 1 can of pie mix (apple, blueberry or cherry) over the batter. Then drop remaining batter on top. Bake at 350° for 45 minutes. Drizzle thin white icing on top. This freezes well.

Isabel Kunkel
Crosslake, MN

MARY'S COFFEE CAKE

1 C. sugar	4 eggs (beaten)
2 C. sifted flour	1 C. Crisco oil
1 tsp. baking powder	

Mix all ingredients. Spread out half of batter in 9x13" pan. Add 1 can of fruit pie mix and spread over batter. Add remaining batter on top and spread. Bake at 350° for 45 minutes. Ice with glaze of powdered sugar, milk, vanilla while cake is still hot. Sprinkle cinnamon on top.

Mary Minden
Charleston, AR

BREAKFAST CAKE

3 eggs, beaten	3 tsp. cinnamon
2 C. sugar	2 C. zucchini, grated
1 C. salad oil	1 tsp. vanilla
2 C. flour	1 C. raisins or ¾ C. dates
½ tsp. baking powder	(optional)
2 tsp. soda	1 C. nuts, chopped (optional)
1 tsp. salt	

Mix together eggs, sugar and oil. Sift dry ingredients and add alternately with zucchini to egg mixture. Stir in vanilla, raisins and nuts. Pour into greased and floured bundt cake pan. Bake at 350° for 60 to 70 minutes.

May be baked in 9x13" pan for 45 minutes at 325°.

Ruth Altman, Spring Lake Park, MN
Rita Buchek, Crystal, MN

SUNDAY MORNING COFFEE CAKE

2 C. flour plus 2 T.	1 stick butter or oleo
1½ C. sugar	1-8 oz. pkg. Philadelphia cream
1½ tsp. baking powder	cheese, softened
½ tsp. baking soda	2 eggs
¼ tsp. salt	⅓ C. milk
	½ C. chopped nuts
	Cinnamon to taste (1½ tsp.)

Mix dry ingredients, cut in butter (oleo) with pastry cutter and mix well. Reserve 1 cup for topping. Add softened cream cheese, eggs and milk and beat only until blended. Pour into 9x13" pan (greased). (I use 2-8" pie dishes.)

TOPPING: To reserved cup, add the ½ cup chopped nuts and cinnamon to taste, mix well. Sprinkle over batter and bake 25 to 30 minutes at 350°. Freezes well.

Carolyn DeDecker
Norway, MI

NUT WONDER COFFEE CAKE

2 C. flour	1 C. sugar
1 tsp. baking powder	2 eggs
1 tsp. baking soda	1 tsp. vanilla
1 tsp. salt	½ pt. sour cream
1 C. soft butter or margarine	

Sift dry ingredients. Cream butter and 1 cup sugar. Stir in eggs and vanilla. Add sour cream alternately with dry ingredients. Spread ½ of batter in greased and floured 9x13" pan.

FILLING:

⅓ C. brown sugar	1 tsp. cinnamon
¼ C. white sugar	1 C. chopped nuts

Sprinkle over batter. Add remaining batter and end with nut mixture. Bake at 350° for 35 minutes.

Ruth McFarland
Watertown, WI

MARGE'S APPLE CAKE

- | | |
|-----------------------------------|-------------------------------|
| 1 C. butter | $\frac{3}{4}$ tsp. cinnamon |
| 1 C. brown sugar | 1 C. buttermilk or sour milk |
| 1 C. white sugar | 2 C. finely chopped (peeled) |
| 2 eggs | apples |
| $2\frac{1}{2}$ C. flour | TOPPING: |
| $1\frac{1}{4}$ tsp. baking powder | $\frac{1}{2}$ C. white sugar |
| 1 tsp. baking soda | $\frac{3}{4}$ tsp. cinnamon |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ C. chopped nuts |

Cream butter, sugars and eggs. Sift dry ingredients and add to first mixture alternately with buttermilk or sour milk. Fold in apples and turn into greased 9x13" pan. Sprinkle on topping. Bake $1\frac{1}{4}$ hours at 300°.

Marge Schaller
Arlington Heights, IL

APPLE CAKE

- | | |
|--------------------------------|---------------------------|
| 2 eggs | $\frac{3}{4}$ C. sugar |
| $\frac{1}{2}$ C. vegetable oil | 1 tsp. oil |
| 1 tsp. vanilla | 2 C. flour |
| $\frac{1}{2}$ tsp. salt | 1 tsp. baking soda |
| 2 tsp. cinnamon | $\frac{1}{2}$ tsp. nutmeg |
| 4 C. diced apples | 1 C. chopped walnuts |

Beat eggs till fluffy. Add sugar, a little at a time, beating after each addition. Add vegetable oil and vanilla and mix. Sift together the flour, salt, baking soda, cinnamon and nutmeg and add to mixture and mix. Stir the apples and nuts into the mixture. Pour into a greased and floured 13" cake pan. Bake at 350° for 45 minutes or till it tests done with a toothpick. Let cake cool on rack 10 or 15 minutes, then spread with Cream Cheese Frosting or glaze.

CREAM CHEESE FROSTING:

- | | |
|--------------------------------------|----------------------------------|
| 3 oz. cream cheese, room temperature | Pinch of salt |
| 3 T. oleo | $\frac{1}{2}$ tsp. vanilla |
| | $1\frac{1}{2}$ C. powdered sugar |

Mix ingredients together and spread on cake.

Alternate topping: Can be glazed with mixture of powdered sugar and orange juice.

Lucille Kunkel, Mapleton, MN
Sharon Steege, Fredericksburg, IA

APPLE BUNDT CAKE

1½ C. cooking oil	½ tsp. salt
3 eggs	3 C. flour
2 C. white sugar	1 C. chopped pecans
2 tsp. vanilla	2 C. chopped apples (peeled)
1 tsp. baking soda	

Combine oil, eggs, sugar and vanilla, blend well. Add soda, salt and flour. Mix thoroughly. (Dough will be very thick.) Then add apples and nuts and once more mix thoroughly. Pour into a greased and floured bundt pan. Bake at 325° for 1 hour and 15 minutes. Cool about 20 minutes. Pour hot glaze over cake.

GLAZE:

¼ C. butter or margarine	1 tsp. milk
¼ C. brown sugar	

Boil for 1 minute. Pour hot mixture over cake.

Kathy Kunkel
Hastings, MN

APPLESAUCE CAKE

CREAM TOGETHER:	ADD:
1½ C. sugar	2 eggs
½ C. butter (or Crisco)	½ tsp. salt

Heat 1½ cups applesauce to boiling and add 2 teaspoons soda (stirred into the sauce) and add with 2 cups flour to mixture and stir well. Pour into 9x13" pan. Bake at 350° for 35 minutes.

Florence Chamberlain
Jefferson, WI

APPLESAUCE SPICE CAKE

2/3 C. butter or margarine, softened	1 tsp. nutmeg
1 1/3 C. sugar	1/2 tsp. cloves
2 eggs	1 C. quick or old-fashioned, uncooked oatmeal
2 1/4 C. sifted all-purpose flour	1/2 C. nutmeats, chopped
1 tsp. soda	1 C. sweetened canned applesauce
1/2 tsp. salt	
1 tsp. cinnamon	

Cream butter; add sugar and eggs, mixing well. Sift together flour, soda, salt, cinnamon, nutmeg and cloves. Stir into creamed mixture. Stir in oats, nutmeats and applesauce. Pour into greased and floured 7x10" pan. Bake at 350° F. for 30 minutes. Let stand in pan for 5 minutes. Remove from pan; cool on wire rack. Frost with butter cream frosting; sprinkle with chopped nutmeats.

Katherine Bernard
Norway, MI

PUMPKIN CAKE

2 C. flour	2 tsp. baking powder
2 C. sugar	1/2 tsp. salt
1 C. margarine	2 C. pumpkin (small can)
1 tsp. cinnamon	2 tsp. vanilla
2 tsp. soda	2 eggs

Blend all ingredients and bake in ungreased 13x9" pan in 350° oven for 30 to 35 minutes.

FROSTING:

1-8 oz. pkg. cream cheese	1 tsp. margarine
2 tsp. vanilla	3 C. confectioners' sugar

Soften cream cheese and margarine, mix well. Add sugar and beat until smooth, adding vanilla as you beat.

Barbara Schulenburg
Lindenhurst, IL

BANANA SPLIT CAKE

- | | |
|----------------------------------|-------------------|
| 1 yellow cake mix | 3 bananas |
| 1-16 oz. can crushed pineapple | 1 small Cool Whip |
| 1 C. sugar | ½ C. coconut |
| 1-3½ oz. instant vanilla pudding | Chopped pecans |

Bake cake as directed and let cool. Mix instant pudding as directed and let set. Drain pineapple and add sugar. Spread pineapple mixture on cooled cake, then spread pudding on top. Slice bananas on pudding. Cover with Cool Whip. Sprinkle with coconut and pecans.

Maxine Gorman
New Hampton, IA

DELORES' BANANA SPLIT CAKE

- | | |
|----------------------|--|
| 2 C. graham crackers | 1 medium can crushed pineapple |
| 1 stick oleo | 5 medium bananas |
| 2 C. powdered sugar | 1 large carton Cool Whip |
| 2 sticks soft oleo | 2 eggs |
| 1 tsp. vanilla | Chopped nuts and maraschino cherries for top |

Mix graham crackers and 1 stick of melted oleo together and pat evenly in glass 9x13" pan for crust. Combine sugar, eggs, and 2 sticks of soft oleo and vanilla in a separate bowl. Beat at a high speed for 15 minutes. Spread over graham cracker crust. Drain pineapple well and spoon over mixture. Slice bananas over mixture, top with Cool Whip. Decorate with cherry halves and chopped nuts. Chill. Make day before serving.

Delores Richter
New Hampton, IA

CARROT CAKE

- | | |
|---|---|
| *3 C. Pillsbury's flour,
all-purpose or unbleached | 2 C. shredded carrots |
| 2 C. sugar | 1¼ C. cooking oil |
| 1 C. coconut | 2 tsp. vanilla |
| 2½ tsp. soda | 1 tsp. grated orange peel |
| 2½ tsp. cinnamon | 11 oz. can mandarin oranges,
undrained |
| 1 tsp. salt | 3 eggs |

Heat oven to 350°. Grease a 13x9" pan. Lightly spoon flour into measuring cup. In large bowl, blend all the above ingredients. Beat 2 minutes on high. Pour into greased pan. Bake at 350° F. for 45 to 55 minutes until toothpick in center comes out clean. Cool.

CREAM CHEESE FROSTING:

- | | |
|--------------------------------|------------------------------|
| 8 oz. softened cream
cheese | 1 tsp. vanilla |
| 2 T. margarine, melted | 3 C. powdered sugar |
| | 1 C. chopped nuts (optional) |

Beat all the above (except the nuts) until smooth. Spread on cooled cake and sprinkle with nuts.

*Self-rising flour not recommended.

Marion Henderson
Gurnee, IL

BACHARA'S CARROT CAKE

- | | |
|------------------------------------|---------------------------|
| 2 C. sugar | 3 C. sifted regular flour |
| 1½ C. vegetable oil | 2 tsp. baking soda |
| 1 tsp. vanilla | 2 tsp. baking powder |
| 2 jars baby junior food
carrots | 2 tsp. cinnamon |
| 4 eggs | 1 tsp. salt |
| | ½ C. chopped nuts |

Cream sugar and oil; add vanilla, carrots and eggs, one at a time, beating well. Sift dry ingredients together. Add to carrot mixture, mixing well. Add nuts. Pour into ungreased loaf or tube pan. Bake at 350° for 1 hour or until cake tests done. Bake cupcakes 20 to 25 minutes.

Mickey Bachara
Mt. Prospect, IA

CARROT CAKE WITH CREAM CHEESE FROSTING

2 C. sugar	1½ C. vegetable oil
2 C. flour	4 eggs
2 tsp. baking soda	3 C. carrots, grated
1 tsp. salt	1 C. chopped nuts
1 C. raisins	1 tsp. vanilla
3 tsp. cinnamon	

Sift together flour, sugar, baking soda, salt and cinnamon. Stir in oil. Add eggs, one at a time, mixing well after each. Add carrots, raisins, nuts and vanilla, mix well. Pour into a greased and floured 13x9x3" cake pan. Bake at 350° for 45 minutes. Cool in pan.

FROSTING:

½ C. butter, melted	1 tsp. vanilla
1-8 oz. pkg. cream cheese	1-1 lb. box powdered sugar

Combine butter, cream cheese and vanilla. Gradually add sugar. Beat until smooth. Frost the cake.

Ann Viernes
Chicago, IL

PISTACHIO ALMOND CAKE

1 box white cake mix	1 C. whipping cream
5 large eggs	2 pkgs. instant pistachio pudding
½ C. vegetable oil	

Mix all ingredients together at low speed for 1 minute, then at high speed for 3 minutes. Pour evenly into a greased and floured bundt pan and bake at 350° for 50 to 55 minutes. Test with a toothpick to see if done. Let sit about 15 to 20 minutes, then remove from pan and cool.

FROSTING:

½ C. milk	1 tsp. vanilla
2 T. flour	Few drops green food coloring (optional)
½ lb. butter	
½ C. sugar	

Mix together milk and flour. Warm almost to the boiling point in a small saucepan. Place in refrigerator to cool. Cream butter and sugar together. Beat in vanilla. Beat in food coloring, if desired. Add flour/milk mixture and beat until fluffy and creamy. Frost cake.

Ann Viernes
Chicago, IL

GINGERBREAD

½ C. shortening	1 C. sour milk
1 C. sugar	2 tsp. baking soda
2 C. flour	3 T. molasses
3 tsp. cinnamon	1 egg
1/8 tsp. salt	

Cut shortening into mixture of sugar, flour, cinnamon and salt. Save 1 cup of this mixture for topping. Dissolve baking soda in sour milk and add to rest of first mixture. Add molasses and egg, mixing well. Turn into greased and floured 9" square pan. Sprinkle reserved topping over all. Bake 45 to 50 minutes at 325°.

Jean Wehrli
Naperville, IL

FEATHERY ICE WATER CAKE

½ C. shortening	½ tsp. salt
1½ C. sugar	2-1 oz. squares chocolate,
2 eggs	melted
2 C. cake flour	1 tsp. vanilla
1 tsp. soda	1 C. ice water

Sift flour, salt and soda. Cream shortening, sugar, then add eggs, vanilla and add chocolate. Add water and dry ingredients. Mix well. Pour into layers of 9x13" pan. Bake at 350° for 30 to 35 minutes.

Irma C. Berning
Anoka, MN

SUNSHINE CAKE

1 C. flour	1 tsp. vanilla
1¼ C. sugar	8, 9 or 10 eggs (depending on
1 tsp. cream of tartar	size), separated

Beat white (egg) to foam. Add tartar. Beat to stiff peaks. Add sugar gradually. Beat yellows (yolks). Fold into whites. Add vanilla. Fold in flour. Use ungreased tube pan. Place in cold oven at 275° for ½ hour. Turn oven to 375° for ½ hour. Turn upside down till cool. Sprinkle with powdered sugar or ice! Excellent with strawberries and other fruit and whipped cream.

Anita Scharf
Riverside, CA

CRANBERRY CAKE

1½ T. butter or margarine, melted	SIFT TOGETHER:
½ C. sugar	1 C. flour
¼ C. water	½ tsp. salt
¼ C. Milnot or topic	1 tsp. soda
	1 C. cranberries (fresh)

Mix in order given above. Turn into a slightly-greased medium square pan or 8 muffin tin. Bake at 350° for 25 to 30 minutes.

TOPPING:

¼ lb. butter or margarine	½ C. Carnation milk
1 C. granulated sugar	1 tsp. vanilla

Boil first 3 ingredients (3 to 4 minutes). Remove from heat and add the vanilla. Serve at once on Cranberry Cake.

Isabelle Rieser
Naperville, IL

PINEAPPLE UPSIDE-DOWN CAKE

¼ C. butter	5 to 7 maraschino cherries, (optional)
½ C. brown sugar	1 pkg. white or yellow cake mix for 1-layer cake (I use Jiffy brand.)
5 to 7 slices canned pineapple	

Melt butter, brown sugar and 2 tablespoons of the pineapple syrup in an 8 or 9" cake pan. Remove from heat and arrange pineapple and cherries in this mixture. Prepare batter as directed on cake package. Pour over mixture in the pan. Bake in a preheated 350° oven for 40 to 50 minutes, until cake tests done. Let stand 5 minutes. Invert on serving plate. Allow 2 to 3 minutes before removing pan. Serve warm or cold with whipped cream.

Margaret Burba
Waukegan, IL

BUTTER POUND CAKE

3 C. flour	1 box confectioners' sugar
3 tsp. baking powder	2 C. butter
½ tsp. salt	2 tsp. vanilla
9 eggs	½ tsp. lemon

Blend butter, sugar and eggs together, then blend all other dry ingredients. Combine the 2 in a large bowl and mix well. Bake in an 8x4" loaf pan until done at 320° to 325°, about 1 hour and 45 minutes.

Shirley C. Greene
Lake City, PA

BUTTERMILK POUND CAKE

5 eggs	1 T. vanilla
3 C. cake flour	¼ tsp. soda
3 C. sugar	1 C. buttermilk
1 C. butter	

Preheat oven to 350°. Cream butter and sugar. Add eggs, one at a time, beating well after each egg. Add soda to milk; add flavoring and milk to sugar mixture and beat well. Pour into tube pan, well greased and floured. Bake for 45 minutes in 350° oven.

Minnie B. Richardson
Vicksburg, MS

POUND CAKE

½ C. shortening	3 C. flour (plain)
2 sticks butter	½ tsp. baking powder
5 eggs, beaten well after each is added	1 tsp. vanilla extract*
1 C. milk	1 tsp. almond extract*
3 C. sugar	

Cream butter and shortening; add sugar. Beat in eggs, one at a time, beating well after each. Add milk and flour (to which baking powder has been added) alternately. Add extracts. Batter will be thick. Pour into a well-greased and floured tube pan. Put in cold oven. Set temperature at 350°. Cook 1¼ hours. DO NOT OPEN OVEN UNTIL CAKE IS DONE.

*You may use 2 teaspoons vanilla in place of vanilla and almond extract.

Sr. M. Rosaria Martello, RSM
Vicksburg, MS

POLISH POUND CAKE

½ C. Crisco
½ lb. butter

3 C. sugar
6 eggs

Cream sugar, butter, Crisco and eggs; add eggs one at a time. Add 3 cups flour and ⅓ cup canned milk and enough water to make 1 cup, alternating flour and milk, adding flour last.

3 T. vanilla
3 T. vanilla butter & nut
flavoring

1 small jar cherries, cut in
small pieces
1 C. ground walnuts

After adding flour and milk, add flavoring, then fold in cherries and nuts. Bake 2 hours at 300° in gas oven or 325° in electric oven. Don't open oven for first hour.

Gert Kabachinski
Menomonee Falls, WI

CINNAMON POUND CAKE

1 yellow cake mix
5 eggs
1-8 oz. carton sour cream
⅓ C. vegetable oil
½ C. granulated sugar

½ C. brown sugar
1½ tsp. cinnamon
1 C. chopped pecans

Combine cake mix, eggs, sour cream, vegetable oil and granulated sugar. Beat for 2 minutes at medium speed, then stir in brown sugar, cinnamon and pecans. Pour into a greased and floured bundt pan. Bake for 55 to 60 minutes at 350°.

GLAZE (Optional):

1 C. powdered sugar
¼ tsp. vanilla

Water to make a flowing
consistency

Mix until smooth and drizzle over cake when cool.

Lois Seymour
Jackson, MS

SOUR CREAM POUND CAKE

1 lb. butter	1/4 tsp. baking soda
3 C. sugar	Pinch of mace
6 eggs	1 C. sour cream
3 C. sifted flour	1 tsp. vanilla or other flavoring
1/2 tsp. salt	

Cream butter and sugar until light. Add eggs, one at a time, beating thoroughly after each addition. Sift dry ingredients together and add alternately with sour cream to first mixture, beating until smooth. Blend in flavoring. Pour batter into 9" tube pan which is buttered and lined on the bottom with paper. Bake in moderate oven at 350° for 1 hour or until done.

Mrs. Nora Nowak
Chicago, IL

BACH'S POUND CAKE

3 C. flour	1/2 C. shortening
1/2 tsp. salt	3 C. sugar
1/2 tsp. baking powder	6 eggs
1/2 lb. butter or margarine	1 C. milk
2 tsp. vanilla	

Sift flour, add salt and baking powder and sift again. Cream butter and shortening. Gradually add sugar, creaming well. Add the eggs, one at a time, beating hard after each addition. Add sifted dry ingredients alternately with milk and continue beating. Add vanilla and turn into a greased and floured tube pan. Bake in a 325° oven for 1 hour and 15 to 25 minutes or until cake tests done.

Olga Bach
Evanston, IL

CHOCOLATE ICEBOX CAKE

5 pkgs. fresh ladyfingers (plain)	12 T. sugar
1 doz. large eggs, separated	12 T. water
2-8 oz. pkgs. Baker's semi-sweet chocolate (use only 14 squares of 2 pkgs.)	2 tsp. vanilla flavoring
	1 springform cake pan

Heat sugar, water and chocolate in double boiler until chocolate melts. Beat egg yolks slightly. While chocolate mixture is still very hot, add slightly-beaten egg yolks and vanilla flavoring. Line bottom and sides of springform cake pan with ladyfingers. (Trim bottom of ladyfingers to allow them to stand evenly.) Beat egg whites until stiff and add to COLD chocolate mixture. Alternate layers of mixture and ladyfingers to line cake pan. Use trimmed pieces of ladyfingers and push (at random) into mixture. Completely cover mixture with ladyfingers, pinwheel style. Top with Cool Whip. Sprinkle scraped chocolate from squares. Let set in refrigerator until firm. Beautiful and delicious! Can be frozen.

Mrs. Lubertha Barnes
Vicksburg, MS

BEV'S SUPER CHOCOLATE CAKE

2 C. sugar	1 tsp. salt
2 C. flour	½ C. salad oil
¾ C. cocoa	1 C. warm coffee
2 tsp. soda	1 C. milk
1 tsp. baking powder	2 eggs
	1 tsp. vanilla

Mix well - wet, dry, wet, dry, grease with flour a 9x13" pan or 2 rounds. Bake at 350° for about 45 minutes. When toothpick comes out clean in center, cake is done.

Beverly Cherup
Pittsburg, PA

MOIST CHOCOLATE CAKE

SIFT TOGETHER IN BOWL:

2 C. flour
3 tsp. baking soda
½ C. cocoa
Pinch of salt
2 C. sugar

ADD:

¾ C. vegetable oil
1 egg
1 C. sour or buttermilk
1 tsp. vanilla

Mix thoroughly with a cup of boiling water. Bake in 9x13" pan at 325° for 50 to 60 minutes.

Agatha M. Vahs
Portage, WI

CHOCOLATE CHIP CAKE

1 pkg. Duncan Hines yellow
cake mix
1-3¾ oz. pkg. instant
chocolate pudding
½ C. oil

8 oz. sour cream
4 eggs
¼ C. rum or brandy
1 tsp. vanilla
6 oz. pkg. chocolate chips

Mix first 7 ingredients, beat 3 to 4 minutes. Fold in chocolate chips. Pour into well-greased bundt or tube pan. Bake 1 hour at 350°. Cool before removing from pan.

Joanne Strong
Arlington Heights, IL

Let none **escape**, but try them all,
To **boil** or **fry** or **bake**.
We'll warrant they are **just as good**
As Mother used to make!

TUTTI FRUTTI CHOCOLATE CAKE

½ C. oleo or butter	1 C. sugar
1 egg	1 square chocolate
1 tsp. vanilla	1 C. buttermilk (or sour milk)
1 tsp. soda	1¾ C. flour
¼ tsp. salt	½ C. cut-up dates
½ C. chopped walnuts	

Cream the butter and sugar till fluffy; add the egg and beat smooth. Add the chocolate and vanilla, mix. Alternate milk, in which soda has been dissolved, with flour and salt; mix well. Add dates and walnuts and blend. Pour into greased and floured 13" cake pan. Bake 25 to 30 minutes at 350°.

This is especially good when topped with cooked chocolate frosting. Also is better the second day (the dates tend to moisten the cake when it sets for a day).

Lucille Kunkel
Mapleton, MN

CHOCOLATE SHEET CAKE

2 C. sugar	1 tsp. vanilla
2 C. flour	1 C. margarine
1 tsp. baking soda	¼ C. cocoa
2 eggs, beaten slightly	1 C. water
½ C. buttermilk or sour milk	

Mix sugar, flour and soda. Add eggs, buttermilk or sour milk and vanilla. Bring margarine, cocoa and water to a boil, stirring constantly, then add to first mixture. Spread in greased and floured jellyroll pan (15½ x 10½ x 1"). Bake 20 minutes at 400°. When cool, spread with frosting.

FROSTING: Bring to boil 1 stick margarine, ⅓ to ½ cup cocoa and 1 cup milk. Remove from heat and stir in 1 pound powdered sugar, 1 teaspoon vanilla and ½ cup chopped nuts.

Doris Wood
Naperville, IL

SALAD DRESSING CAKE

3 C. flour	1½ C. sugar
3 tsp. soda	1½ C. water
6 T. cocoa	1 C. Miracle Whip
	1½ tsp. vanilla

Add above ingredients and mix well at medium speed on mixer. Bake in greased 9x13" cake pan for 45 minutes at 350°. Makes a moist, dark chocolate cake. Frost with Surprise Frosting.

SURPRISE FROSTING:

1 egg white	Pinch of salt
1 C. sugar	½ C. boiling water
¼ tsp. cream of tartar	1 tsp. flavoring (vanilla, almond, etc.)

Stir until sugar, etc., mixes with egg white using high speed on mixer and pour in the boiling water. Beat until it peaks, about 5 minutes. Add flavorings and frost cake. Makes a fluffy white frosting.

Jeanie Budweg
New Hampton, IA

MIRACLE WHIP CAKE

1 C. Miracle Whip	4 T. cocoa
1 C. cold water	2 tsp. soda
1 tsp. vanilla	Pinch of salt
2 C. sifted flour	1 C. sugar

Mix together Miracle Whip, cold water and vanilla. Add flour, cocoa, soda, salt and sugar.

Usually 1½ times the recipe for a 9x13" pan. Bake in greased and floured pan. Bake at 350° for 30 minutes.

Elaine Melquist, Albion, PA
Mary Burke, Franklin Park, IL

GREAT GRANDMA GALLAGHER'S FRUIT CAKE

BOIL AND COOL:

1 C. sugar
1 C. water
1 C. raisins
½ C. butter
1 tsp. cinnamon
½ tsp. cloves

ADD:

2 C. flour
1 tsp. soda
1 tsp. salt
2 eggs
2 lbs. fruit

Bake at 350° for 1 hour.

Mary Jean Gallagher
Waukegan, IL

UNBAKED FRUIT CAKE

IN A SMALL BOWL:

½ C. evaporated milk
16 marshmallows, finely cut
(1½ C.)

3 T. orange juice

Mix and let stand until needed.

IN A LARGE BOWL:

4 doz. graham crackers,
rolled fine
¼ tsp. cinnamon
½ tsp. nutmeg
1/8 tsp. cloves

1 C. seedless raisins
½ C. dates, finely cut
¾ C. walnuts, broken
¾ C. mixed candied fruit

Stir all ingredients together and pack firmly in a round tin. Store in refrigerator.

Mary L. Garside
Winthrop Harbor, IL

CITRONLESS FRUIT CAKE

2 C. dates, cut up	2 tsp. baking powder
2 heaping C. whole nutmeats (preferably pecans)	½ tsp. salt
1 C. candied red cherries	4 eggs
1 C. flour	1 C. sugar
	1 tsp. vanilla

Mix the dates, nutmeats and candied cherries. Over them, sift flour, baking powder and salt. Mix with fruit and nuts until coated. Beat eggs until frothy; add sugar and beat until thick. Add vanilla. Pour over fruit and nut mixture. Toss until fruit and nuts are coated. Divide batter into 2 loaf pans lined with waxed paper. Bake at 250° for 1½ to 2 hours. Improves with age.

Janet LeNoue
Waukegan, IL

MINI-FRUITCAKES

½ lb. candied red cherries, cut-up	CREAM TOGETHER:
½ lb. green cherries, cut-up	½ lb. butter
½ lb. candied mixed fruit	1 C. sugar
1 lb. candied pineapple	6 eggs
½ C. raisins	1 T. lemon flavor extract
4 C. pecans, broken up	1 T. vanilla extract
	THEN ADD:
	2 C. flour (plain)
	½ tsp. baking powder

Spoon into mini-cupcake pans. Bake at 250° for 1 to 2 hours. Keep an eye on these. Decorate with red cinnamon drops and leaves and green icing.

Sister Agnes Marie Beck, S.N.D. de Namur
Cincinnati, OH

BIBLE CAKE

- | | |
|------------------------------|-----------------------------|
| 1 C. Judges 5:25 (butter) | ¼ tsp. each of I Kings 10:2 |
| 2 C. Jeremiah 6:20 (sugar) | (3 spices such as cinnamon, |
| 6 of Isaiah 10:14 (eggs) | nutmeg and allspice) |
| 3½ C. I Kings 4:22 (flour) | 1 C. Genesis 24:11 (water) |
| ½ tsp. Leviticus 2:13 (salt) | 1 T. Exodus 16:31 (honey) |
| 2 tsp. I Corinthians 5:6 | 2 C. each of I Samuel 25:18 |
| (baking powder) | (raisins and figs) |
| | 1 C. Genesis 43:11 (nuts) |

Cream Judges and Jeremiah. Add Isaiah, one at a time. Mix I Kings with Leviticus, I Corinthians and I Kings. Mix Genesis and Exodus and add alternately to first mixture with mixed dry ingredients. Add the chopped I Samuel and the chopped Genesis. Pour into a greased loaf pan or angel cake pan. Bake at 375° until a cake tester inserted in the middle comes out dry. Yields 1 cake.

Mrs. Eugene L. Zibrat
Greenbelt, MD

CREME DE MENTHE CAKE

- | | |
|-----------------------|--------------------------|
| 1 pkg. white cake mix | 1 small carton Cool Whip |
| 7 T. creme de menthe | |

Add 3 tablespoons creme de menthe to white cake mix. Tint green, if desired. Bake as directed on package. Cool cake. Ice with a chocolate icing. Add 4 tablespoons creme de menthe to small carton Cool Whip. Tint green, if desired. Spread over chocolate icing.

Edna M. Kriese
Mauston, WI

CHRISTMAS STOLLEN (GERMAN FRUIT CAKE)

- | | |
|---------------------------------------|--|
| 2 envs. dry yeast | 1/4 C. chopped candied lemon
or orange peel |
| 1 C. lukewarm milk | 2/3 C. seedless raisins |
| 5 to 5 1/2 C. sifted flour | 2/3 C. dried currants |
| 2 eggs | 1/2 C. slivered blanched
almonds |
| 1/2 tsp. salt | 1/3 C. melted margarine or
butter |
| 1/2 tsp. almond extract | 2/3 C. confectioners' sugar |
| 1 C. margarine or butter,
softened | |
| 1/2 C. sugar | |

In a mixing bowl, stir yeast into milk. Stir to dissolve. Add 4 cups of the flour, eggs, salt and almond extract and beat until smooth dough is formed. Sprinkle about 1 tablespoon of the flour. Let stand in a warm place until doubled in bulk, about 30 to 45 minutes. Punch dough down, place on a lightly-floured surface, knead in softened margarine, sugar and remaining flour until smooth and well blended. Knead in lemon or orange peel, raisins, currants and almonds. Divide into 2 equal portions. Roll out each to an oval shape about 3/4" thick and 9x6" at the widest point. Fold one long side about 3/4 of the way over the other. Gently press the edges together to make a loaf about 3 to 3 1/2" wide by 9" long. Place on greased baking sheet, cover and let rise in a warm place until doubled in bulk, about 30 to 45 minutes. Brush tops with half of the melted margarine or butter. Bake in a moderately hot oven, 375° to 400° about 25 to 30 minutes or until golden brown. Brush with remaining margarine or butter. Sprinkle with confectioners' sugar. Return to oven for 1 minute. Remove and cool on rack.

Anne Seidler
Mt. Prospect, IL

CROATIAN SURPRISE POPPY SEED POUND CAKE

- | | |
|------------------------|------------------------------|
| 2 C. sugar | 1/2 tsp. salt |
| 1 1/2 C. vegetable oil | 1-13 oz. can evaporated milk |
| 4 eggs | 1 can poppy seed filling |
| 1 tsp. vanilla | 1 C. chopped nuts |
| 3 C. sifted flour | 1 C. shredded coconut |
| 1 1/2 tsp. baking soda | |

Place sugar, oil, eggs and vanilla in large bowl. Beat well. Sift flour, baking soda and salt together. Add to sugar mixture alternately with evaporated milk and poppy seed. Add nuts and coconut. Mix well. Pour into ungreased 10" fluted tube pan or angel food pan. Bake in preheated 350° oven for 1 hour and 10 minutes.

Mary B. Worklan
Waukegan, IL

CRANBERRY CHRISTMAS CAKE

3 T. butter	3 tsp. baking powder
1 C. sugar	¼ tsp. salt
2 C. flour	3 C. cranberries

Beat together all ingredients except cranberries. Fold in berries. Spread batter evenly in greased 8 or 9" square pan. Bake 35 to 40 minutes in moderate oven at 350°. Serve warm with Butter Sauce. Makes 8 to 12 servings.

BUTTER SAUCE:

1 C. sugar	1 T. vinegar
1 T. flour	1 tsp. vanilla
½ C. cream	

Mix flour and sugar. Place all ingredients except vanilla in a saucepan. Heat, beating well over high heat, until hot and bubbly. Add vanilla and serve warm over Cranberry Christmas Cake.

Irma Berning
Anoka, MN

SOUR CREAM RHUBARB COFFEE CAKE

½ C. granulated sugar	1 egg, beaten
½ C. chopped nuts	2 C. all-purpose flour
1 T. sweet butter	1 tsp. baking soda
1 tsp. ground cinnamon	½ tsp. salt
½ C. shortening	1 C. sour cream
1½ C. brown sugar	1½ C. fresh rhubarb, cut into small pieces

Preheat the oven to 350°. Grease and flour a 9x13" baking pan. Mix together the granulated sugar, nuts, butter and cinnamon; set aside for topping. Cream together the shortening, brown sugar and egg. In separate bowl, mix together flour, baking soda and salt. Alternate, adding the flour mixture and the sour cream to the creamed mixture. When thoroughly blended, add the rhubarb. Spread the mixture into prepared pan and sprinkle with the topping. Bake for 35 minutes or until a knife inserted into the center comes out clean. Serves 12.

Irma Berning
Anoka, MN

CHEESECAKE

- | | |
|--|-------------------------------|
| 1-3 oz. pkg. lemon jello | 3 T. lemon juice (real) |
| 1 C. water (boiling) | 1 large can Carnation milk |
| 1-8 oz. pkg. Philadelphia cream cheese | (2 days in refrigerator) |
| 1 C. sugar | 3 C. graham crackers (rolled) |
| 1 tsp. vanilla | 1 stick oleo, melted |

Add jello to boiling water. Chill until slightly thick. Blend cheese, sugar and vanilla and add lemon juice. Add gelatin to cream cheese mixture. Whip Carnation milk until stiff. Fold cream mixture into whipped milk. Take $\frac{1}{2}$ cup crumbs out. Put rest in 13x9" pan. Pour mixture over crumbs. Sprinkle $\frac{1}{2}$ cup crumbs on top. Refrigerate overnight. (I bake the graham cracker mixture.)

Bernice Sala
Norway, MI

3 MINUTE CHEESECAKE

- | | |
|---|------------------------|
| 1-8 oz. pkg. cream cheese | 2 eggs |
| 1 graham cracker crust | $\frac{1}{3}$ C. sugar |
| 1 can blueberry, cherry or strawberry pie filling | Cool Whip |

Soften cream cheese. Add eggs and sugar, beating until smooth. Cook 3 minutes on 80% power, stir twice. Pour mixture into shell, top with pie filling and place in freezer for 30 minutes. Top with Cool Whip. I add some cinnamon or cinnamon graham crackers for an additional flavor to graham cracker crust.

Rosie Courtney
New Hampton, IA

MOM'S JELLO CHEESECAKE

1 C. boiling water	1 C. sugar
2-3 oz. pkgs. Jell-O gelatin (any flavor)	1 can Milnot
1-8 oz. pkg. cream cheese	2½ C. graham cracker crumbs
	1 stick melted butter or margarine

Pour boiling water over jello and stir until dissolved. Set aside in refrigerator, about 5 minutes. Blend cream cheese and sugar in electric mixer. Add jello mixture to cream cheese mixture in electric mixer until creamy, set aside. Whip (until stiff) the Milnot. Add blended mixture to Milnot until all is consistent color. Mix butter with graham crackers and line 13x9" cake pan. Pour mixture over crust and sprinkle top with a few extra crumbs. Refrigerate and enjoy!

Gina (Lubek) Rollman
Newburgh, IN

THE OLD PANTRY

It stood next to the kitchen,
Only a door between;
It held the many goodies
About which children dream:

Sweet jellies, red and purple,
(Wild strawberry and grape);
Fresh pies and homemade cookies
And tasty chocolate cake.

It stood next to the kitchen,
With just a door between. . .
The old pantry at Grandma's
Where goodies reigned supreme.

PRALINE CHEESECAKE

1¼ C. crushed graham crackers (about 17 crackers)	1-5⅓ oz. can (⅔ C.) evaporated milk
¼ C. granulated sugar	2 T. all-purpose flour
¼ C. finely chopped pecans, toasted	1½ tsp. vanilla
¼ C. butter or margarine, melted	3 eggs
3-8 oz. pkgs. cream cheese, softened	½ C. pecan halves, toasted
1 C. packed brown sugar	1 C. dark corn syrup
	¼ C. cornstarch
	2 T. brown sugar
	1 tsp. vanilla

Combine the crushed graham cracker crumbs, granulated sugar and chopped pecans. Stir in butter or margarine. Press the crumb mixture over the bottom and 1½" up the sides of a 9" springform pan. Bake the crust in a 350° F. oven for 10 minutes. Meanwhile, in a large mixer bowl, beat together cream cheese and 1 cup brown sugar till well combined. Add milk, flour and 1½ teaspoons vanilla; beat well. Add eggs, beat just till blended. Pour into baked crust. Bake in 350° F. oven for 50 minutes or till set. Cool in pan for 30 minutes; loosen sides and remove rim from pan. Cool completely. Arrange nut halves over cheesecake. To serve, combine the corn syrup, cornstarch and the remaining brown sugar in a saucepan. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Remove from heat; stir in remaining vanilla. Cool slightly; stir sauce before serving. Spoon some of the warm sauce over the nuts on the cheesecake; pass remaining sauce. Makes 12 to 16 servings.

Carmel K. O'Kane
Skokie, IL

You show someone you care just by being there.

TWINKIE CAKE

1-9x13" chocolate, yellow or white cake	½ C. vegetable shortening
5 T. flour	½ C. butter or oleo
1 C. milk	½ tsp. salt
1 C. sugar	1 tsp. vanilla

Bake and cool cake as directed on the box. Mix the flour and milk in a saucepan and cook over low heat until thick. Remove from heat and stir until smooth and cool. Place the other ingredients in a bowl and mix well. Add the cooled flour mixture and beat at high speed until the filling is like whipped cream. Cut cooled cake in half horizontally. Put the filling on the bottom half. Place the top half on top of filling.

WHITE FROSTING:

3 T. flour	1 C. granulated sugar
1 C. milk	½ C. oleo or butter
½ C. Crisco	1 tsp. vanilla

Cook the milk and flour until thick. Remove from heat and stir until smooth and cooled. Beat together the Crisco, sugar and oleo or butter until fluffy. Add the cooled milk custard to the creamed mixture and add vanilla. Beat until thick. Frost cooled cake and store covered in the refrigerator.

Variation: Add 1 or 2 tablespoons of peanut butter to the frosting.

Linda Watson
Lawler, IA

JO'S TWINKIE CAKE

1 box Twinkies	2 boxes instant vanilla pudding
3 bananas (sliced)	
2 pts. strawberries	8 oz. Cool Whip

Cut Twinkies lengthwise, cream side up in 9x12" pan. Place sliced bananas on top of Twinkies. Place strawberries on top of bananas. Mix 3 cups milk in pudding. Pour pudding over all. Leave in refrigerator to set. Before serving, spread Cool Whip on top.

Jo Hart
Lake Villa, IL

MOM'S CUPCAKES

1 T. butter	Pinch of salt
1 C. brown sugar	1 tsp. soda
1 egg	2 C. flour
1 C. sour milk	1 tsp. nutmeg

Cream shortening and sugar; beat in egg. Add dry ingredients with sour milk. Put in cupcake paper. Bake at 350° for about 30 minutes. Check for doneness after 20 minutes.

Doris Wolpert
Rochester, NY

CREAM CHEESE FILLED CUPCAKES

1 box German chocolate cake mix	FILLING: 1 large pkg. cream cheese (8 oz.) 1 egg 1/3 C. sugar Dash of salt
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Fill cupcake dishes 1/2 full of cake mix and let set.

FILLING: Beat together until smooth and add 1-16 ounce package milk chocolate chips. Put a tablespoon of this mixture on batter of cupcake and bake at 350° for 10 minutes or until done.

For variety, substitute 1/4 cup coconut and 6 ounces chocolate chips for the 16 ounce package of chocolate chips.

Dawn Gerleman, New Hampton, IA
Kris Nolte, Waucoma, IA

ALMOND CRUNCH CAKE

Topping (below)	2½ C. sifted cake flour
½ lb. butter	¼ tsp. baking powder
½ C. granulated sugar, divided	½ tsp. baking soda
4 eggs, separated	½ tsp. salt
2 tsp. almond extract	1/8 tsp. mace, optional
½ C. milk	1 tsp. cream of tartar

Prepare topping ingredients. Press over bottom of well-greased 10" tube pan. In large bowl or electric mixer at high speed, cream butter. Gradually add 1 cup sugar, beating until light and fluffy. Be sure to beat well. Add egg yolks, one at a time, beating after each addition. Be sure to beat thoroughly. Stir almond extract into milk. Sift together flour, baking powder, baking soda, salt and mace. Using a wooden spoon, stir dry ingredients into butter mixture, alternately with milk, beginning and ending with dry ingredients. In small bowl or electric mixer at high speed, beat egg whites until foamy; add cream of tartar and continue beating until soft peaks form. Add ½ cup sugar, about 2 tablespoons at a time, beating until stiff but not dry. Sugar should become completely dissolved. Using wire whisk or wooden spoon, fold meringue into cake batter, mixing carefully until no bits of egg white remain. Pour batter over crumb mixture. Bake in preheated 350° oven about 1 hour or until cake tests done. While cake is slightly warm, carefully turn out on rack; cool completely before cutting.

TOPPING:

¼ C. sifted confectioners' sugar	¼ C. fine graham cracker crumbs
¼ C. granulated sugar	½ C. finely chopped pecans
	2 T. melted butter

Mix together sugars, cracker crumbs and pecans. Stir in melted butter until mixture is crumbly.

Olga Bach
Evanston, IL

1-2-3-4-CAKE

1 C. butter	¼ tsp. salt
2 C. sugar	3 tsp. baking powder
4 eggs	1 C. milk
3 C. cake flour, sifted	1 tsp. vanilla

Cream butter and sugar until fluffy. Add eggs, one at a time, beating thoroughly. Sift dry ingredients 3 times and add alternating with milk and vanilla to creamed mixture. Mix after each addition. Makes 3 layers. Bake in moderate oven at 350° for 25 minutes.

Nonie Burke
Franklin Park, IL

HOLIDAY GIFT CAKE

8 oz. cream cheese	2½ C. sifted flour
1 C. margarine	1½ tsp. baking powder
1½ C. sugar	¾ C. well-drained maraschino cherries
1½ tsp. vanilla	
4 eggs	½ C. chopped nuts
½ C. finely chopped pecans	1½ C. confectioners' sugar
	2 T. milk

Combine softened cream cheese, margarine, sugar and vanilla, mixing well until blended. Add eggs, one at a time, mixing well after each addition. Gradually add 2 cups flour sifted with baking powder, mixing well after each addition. Toss remaining flour with cherries and chopped nuts; folding into batter. Grease a 10" fluted or plain tube pan; sprinkle with finely chopped nuts. Pour batter into pan; bake at 325° for 1 hour and 20 minutes. Cool 10 minutes; remove from pan. Cool thoroughly. Glace with mixture of confectioners' sugar and milk. Garnish with cherries and nuts, if desired.

S.Sp.S. Sisters
Techny, Convent Kitchen

JELLY CAKE

1 C. sugar	¼ tsp. salt
3 eggs	3 C. flour
1 C. lard	2 tsp. baking powder
½ tsp. vanilla	2 C. jelly (any flavor)

Mix all together and roll out ¼" thick. Place in 2-14x10x1" jellyroll pans. Spread with jelly. Cut remaining dough in ¼" strips and place on jelly in lattice design. Bake at 350° for 10 to 15 minutes or until lightly browned.

Helen Schafer
Flasher, ND

MEXICAN CAKE

CAKE:	FROSTING:
2 C. flour	1-8 oz. pkg. cream cheese
2 C. sugar	1 tsp. vanilla
2 eggs	½ C. sugar
2 tsp. vanilla	1½ sticks margarine
2 tsp. baking soda	
1-16 oz. can crushed pineapple	
½ C. chopped nuts	

Beat all together in bowl. Bake at 350° F. for 40 to 45 minutes in a 9x11x2" pan, greased and floured. Beat frosting ingredients until smooth. Frost when cake is cool.

Lola C. Daniels
Green Bay, WI

IDEAL SOUR CREAM CAKE

½ lb. butter	¼ tsp. soda
3 C. sifted sugar	½ pt. sour cream
6 large eggs	2 tsp. vanilla
3 C. cake flour	Pinch of salt

Cream butter and sugar well. Add eggs, one at a time, beating well after each. Sift flour, salt, soda together. Add alternately with sour cream. Add flavoring. Be sure to Crisco your cake pan real well. Bake at 325° for 1½ hours.

Mrs. Lubertha Barnes
Vicksburg, MS

POPPY SEED CAKE

- | | |
|---|-------------------------|
| 1 yellow cake mix | ½ C. Wesson oil |
| 1 small pkg. instant French vanilla pudding | 1 tsp. butter flavoring |
| 4 eggs | ½ C. cream sherry |
| 1 C. sour cream | ⅓ C. poppy seeds |

Beat at medium speed for 5 minutes. Pour into greased bundt pan. Bake at 350° for 35 to 40 minutes. Cool in pan for 15 minutes. Turn out onto plate.

Pat Martin
New Hampton, IA

SNOW ON THE MOUNTAIN CAKE

- | | |
|--------------------|----------------------|
| 1 C. chopped nuts | 4 eggs |
| 1 C. chopped dates | 1 tsp. baking powder |
| ½ C. flour | ¼ tsp. salt |
| 1 C. sugar | 2 tsp. vanilla |

Beat eggs; add sugar and dry ingredients. Stir in vanilla, dates and nuts. Spread into 2 oiled 8" round cake pans and bake at 350° for 30 minutes. Cool well.

FILLING: Peel and cut 5 oranges and 3 bananas into bite-size pieces. Mix with ¼ cup sugar gently to make the mountain, take the cooled cakes and tear into bite-size pieces. Make a small mound of cake, use about ⅓ or less of cake. Then cover mound with fruit filling, use your hands to push into mountain shape. Cover fruit with more cake, then rest of filling and finally last layer of cake. Press and squeeze this into the shape of a mountain snow - 16 ounces of Cool Whip or whipped cream and ½ cup or more of coconut. Frost the entire mountain with Cool Whip or whipped cream and then sprinkle with coconut to make it look like a "Snowy" mountain. Refrigerate covered until ready to serve. Serve with a spoon.

Mary Beth Nephew
Duluth, MN

PINK CLOUD

Angel food cake mix	1-3 oz. pkg. strawberry jello
Strawberry pop	1 C. boiling water
2 extra egg whites	1½ C. frozen strawberries
1 C. whipped cream	

Prepare the angel food cake mix using the strawberry pop for the liquid and add the extra egg whites and bake as directed on the box. Dissolve the jello in the boiling water. Cool. Add the strawberries. When it starts to thicken, fold in whipped cream, cut cooled cake in 3 equal parts. Put bottom layer back in pan and fill with half of mixture, then next part of cake and rest of mixture and last piece of cake. Place in refrigerator until thoroughly set. Remove and frost with pink 7-minute frosting.

Laura Gefaller
Waucoma, IA

TURTLE CAKE

1 box German chocolate cake mix	1-6 oz. bag chocolate bits
1-14 oz. bag Kraft caramels	1 stick butter
1 can Eagle Brand milk	¾ C. chopped pecans

Mix cake by package directions. Pour half of batter into a greased and floured 13x9" pan. Bake 15 minutes at 350°. Cool. Melt butter and caramels. Remove from heat. Add milk and mix well. Pour over cooled cake half. Sprinkle on nuts and chocolate bits. Pour remaining batter on top and bake 20 to 25 minutes at 350°. Cool and frost with chocolate frosting.

Sister Agnes Marie Beck, S.N.D., Cincinnati, OH
Diane Little, Erie, PA

JIFFY CAKE DESSERT

1 yellow Jiffy cake mix	Reserved pineapple juice
1-3 1/8 oz. pkg. instant vanilla pudding	1-20 oz. can crushed pineapple, drained
1-8 oz. pkg. cream cheese	1-8 oz. tub Cool Whip

Mix cake according to directions. Bake in 9x13" pan. With mixer, blend pudding, cream cheese and 1 cup pineapple juice. Add drained pineapple and spread on cake. Cover pineapple mixture with Cool Whip. Garnish with coconut. Refrigerate. Will keep several days.

Bridget Berning
Albertville, MN

BLOCK BUSTERS

1/2 C. shortening	FROSTING:
2 C. sugar	1/4 lb. oleo and 1/2 of another
3 eggs	2 egg yolks
8 T. cocoa	1 C. cocoa
1 1/2 C. sifted flour	2 tsp. vanilla
1/2 C. milk	1 lb. powdered sugar

Cream shortening, sugar, eggs and cocoa. Add milk and flour alternately. Add 1/2 cup chopped walnuts. Bake at 350° for 25 minutes in a 10x15" pan, greased and floured.

FROSTING: Cream oleo, yolks; add cocoa, vanilla, sugar alternately with canned milk. Spread on cake, then sprinkle with chopped walnuts. Cut in desired squares.

Dorothy Sladick
Springboro, PA

DATE AND WALNUT CAKE

#1:

1 pkg. dates, pitted and cut in halves	1 C. boiling water 1 tsp. baking soda
---	--

Combine water and baking soda. Pour over dates. Let stand while batter is mixed.

#2:

1 C. sugar	1/8 tsp. salt
1 T. butter	1 tsp. vanilla
1 egg	1/2 C. chopped nuts (walnuts (preferred))
1 1/2 C. flour	
1 tsp. baking powder	

Mix ingredients in #2 for the batter. Combine #1 and #2. Pour into a greased and floured 8x12" pan. Bake in moderate oven at 350° F. until toothpick comes out clean. May be served with whipped cream, if desired.

Mrs. Sara Crabb's recipe
Waukegan, IL

SNICKER CAKE

1 box yellow cake mix	2 C. water
1 small box chocolate pudding (instant)	2 eggs

Beat above together and bake 30 to 40 minutes.

FROSTING: Mix 1/4 cup butter and 2 egg yolks (beat well). Add 1 cup powdered sugar and beat well. Add 1 carton Cool Whip and shave a Snickers candy bar over the frosting. Keep in refrigerator.

Barb Thraenert
Elma, IA

TEXAS SHEET CAKE

2 sticks margarine
4 T. cocoa

1 C. water

Bring to boil, then let cool.

ADD TO:

2 C. flour

2 eggs

2 C. white sugar

1 C. sour cream

½ tsp. salt

1 tsp. soda

Grease jellyroll pan and bake at 350° for 25 to 30 minutes. Make any of your favorite chocolate frosting and frost when cool.

Mrs. Marie DeGroot
Norway, MI

THE KITCHEN PRAYER

Lord of all pots and pans and things
since I've not time to be
A saint by doing lovely things
or watching late with thee
Or dreaming in the dawn light
or storming Heaven's gates
Make me a saint by getting meals
and washing up the plates
Although I must have Martha's hands,
I have Mary's mind
And when I black the boots and shoes
Thy sandals, Lord, I find.
I think of how they trod the earth,
What time I scrub the floor
Accept this meditation, Lord,
I haven't time for more.
Warm all the kitchen with thy love,
and light it with thy peace
Forgive me all my worrying,
and make my grumbling cease.
Thou who didst love to give men food,
in room or by the sea
Accept this service that I do,
I do it unto Thee.

ECLAIR CAKE

1 C. water
½ C. butter

1 C. flour
4 whole eggs

Melt butter in water and bring to a rolling boil. Reduce heat to low and add flour, whisking it in to form a ball. Remove from heat. With electric mixer, beat in eggs, one at a time. Using a round pizza pan or large ungreased cookie sheet, spoon batter in a high circle about 9 to 10" in diameter. Bake at 400° for 45 to 50 minutes, watching carefully, until brown and dry. Cool away from drafts.

FILLING:

2-3¾ oz. pkgs. instant
vanilla pudding
2½ C. milk

6 oz. non-dairy whipped
topping
1 tsp. vanilla

Mix pudding and milk. Fold in topping and vanilla. Slice cooled ring in half horizontally. Pull out dough that may be gooey and discard. Fill ring with topping and replace top.

GLAZE:

2 squares unsweetened
chocolate
2 tsp. butter

1 C. powdered sugar
1 tsp. vanilla
Milk

Melt chocolate and butter. Add powdered sugar and vanilla. Mixture will get hard and lumpy. Add a little milk, stirring well to thin glaze. Drizzle over top of eclair ring. Refrigerate until ready to serve. This keeps well and may be made and assembled a day ahead. Serves 6 to 8.

Betty Cella
Arlington Heights, IL

ENGLISH LEMON CAKE

$\frac{3}{4}$ C. soft margarine, butter	3 eggs
Crisco	3 T. milk
2 C. flour	$\frac{3}{4}$ C. sugar (again)
4 tsp. baking powder	4 T. lemon juice
$\frac{3}{4}$ C. sugar	

Heat oven to 350°. Grease a non-stick cake pan, 13x9". Put margarine, flour, baking powder, sugar, eggs and milk together in a large bowl. Beat well for about 2 minutes until well blended. Turn mixture into pan and smooth top. Bake in oven for 25 to 30 minutes until cake has shrunk from the sides of pan. Straight away while still hot. Mix second $\frac{3}{4}$ cup of sugar with lemon juice. Mixture will be runny. Spread over top of cake still in the pan and still hot, then allow to cool and cut into squares.

Mrs. Jane Dudas
Erie, PA

QUICK LUNCHBOX CAKE

2 $\frac{1}{4}$ C. flour	$\frac{1}{4}$ C. soft butter
2 tsp. soda	1 lb. can fruit cocktail,
1 tsp. salt	undrained
1 C. firmly packed brown	$\frac{1}{2}$ C. semi-sweet chocolate
sugar	pieces
2 eggs	$\frac{1}{2}$ C. chopped nuts

Grease and flour bottom of 13x9" pan. Combine all ingredients except chocolate and nuts in large mixer bowl. Blend well at lowest speed of mixer; beat 2 minutes at medium speed. Pour batter into pan. Sprinkle with chocolate pieces and nuts. Bake at 350° for 35 to 40 minutes.

Imelda Venton
Gouverneur, NY

SPANISH CREAM CAKE

BATTER:

2 C. sugar	½ tsp. salt
1¼ C. shortening	2 C. sifted cake flour
½ C. butter	1 C. buttermilk
5 egg yolks	2 C. coconut
1 tsp. vanilla	1 C. chopped pecans
1 tsp. soda	5 egg whites

Beat sugar, shortening and butter until fluffy. Add egg yolks, one at a time with vanilla. Beat well after each addition. Add alternately the sifted dry ingredients and the buttermilk. Add coconut and pecans. Beat egg whites until stiff and fluffy. Fold into mixture. Spread batter in 4-9" greased and floured cake pans. Bake at 350° F. for 30 minutes.

FROSTING:

¾ C. butter	1½ boxes powdered sugar, sifted (24 oz.)
1½ tsp. vanilla	1-8 oz. pkg. cream cheese
3 T. coconut	1-4 oz. pkg. cream cheese

Beat butter, vanilla and cream cheese well. Add sugar and coconut. Continue beating until frosting consistency. If too stiff, add 1 tablespoon of milk.

Marjorie Taylor
Portland, OR

DUMP CAKE

1-20 oz. can crushed pineapple (undrained)	1 box yellow cake mix (dry)
1-21 oz. can cherry pie filling	1 C. chopped nuts
	2 sticks margarine

Dump undrained pineapple in an ungreased 9x13" pan. Spread evenly. Add the cherry pie filling and spread evenly. then add the dry cake mix evenly. Spread the nuts over the cake mix. Slice the margarine over all. Bake in preheated 350° oven for 1 hour. May serve plain or with Cool Whip.

Betty Lampe
New Hampton, IA

HUMMINGBIRD CAKE

3 C. flour	1-8 oz. can crushed pineapple, not drained
2 C. sugar	1½ tsp. vanilla extract
1 tsp. baking soda	2 C. chopped bananas
1 tsp. ground cinnamon	1 C. chopped pecans or walnuts
1 tsp. salt	Confectioners' sugar
3 eggs, beaten	
1½ C. corn oil	

Stir together flour, sugar, baking soda, cinnamon and salt. Add eggs, corn oil, pineapple, vanilla, bananas and nuts. Mix and pour into greased and sugared fluted tube pan. Bake in preheated 325° oven for 1½ hours or until toothpick comes out clean. Cool 20 minutes in pan. Turn out. Let cool completely before dusting with confectioners' sugar. Makes 12 to 16 servings.

Helen Sasavage
North Chicago, IL

JUMBLES CAKE

½ C. butter or oleo	½ tsp. soda
1 C. sugar	¼ tsp. salt
2 C. flour	½ C. buttermilk
1 egg	½ tsp. vanilla

Mix and place on 10x15" jellyroll pan. Then mix topping - ½ cup sugar, 1 teaspoon ground cinnamon and ¾ cup coconut. Mix together and spread on cake mixture. Bake for 15 minutes at 350°.

Esther Wagner
Waukegan, IL

HAWAIIAN WEDDING CAKE

2 C. granulated sugar	1 C. pecans
2 sticks (½ lb.) butter	2 tsp. baking powder
1 C. milk	1 C. crushed pineapple, drained
5 eggs	1 lb. box graham cracker crumbs
1 C. coconut	

Cream sugar and butter. Add other ingredients. Pour into angel food pan. Bake at 325° for 50 minutes. Use icing as desired or sprinkle with powdered sugar.

Lois Kerpan
Waukegan, IL

BLACK FOREST TORTE

Heat oven to 350°. Grease 4-9" layer cake pans and line with waxed paper. Measure into large mixer bowl:

1 $\frac{3}{4}$ C. all-purpose flour	$\frac{1}{4}$ tsp. baking powder
1 $\frac{3}{4}$ C. sugar	$\frac{2}{3}$ C. very soft margarine
1 $\frac{1}{4}$ tsp. soda	4 squares unsweetened
1 tsp. salt	chocolate, melted and cooled
1 tsp. vanilla	1 $\frac{1}{4}$ C. water

Beat at low speed to blend; then beat 2 minutes at medium speed, scraping sides and bottom of bowl frequently. Add 3 eggs. Beat 2 minutes more. Pour $\frac{1}{4}$ of the batter (about 1 cup) into each pan. Layers will be thin. Bake 15 to 18 minutes. Cool slightly and remove from pan. Cool thoroughly.

CHOCOLATE FILLING: Melt 1 $\frac{1}{2}$ bars (4 ounces each) German sweet chocolate over hot water. Cool slightly and blend in $\frac{3}{4}$ cup very soft Imperial margarine. Stir in $\frac{1}{2}$ cup chopped, toasted almonds.

To finish torte: Place bottom layer of cake on serving plate. Spread with $\frac{1}{2}$ chocolate filling. Spread next layer with 1 can of Wilderness cherry pie filling. Third layer with balance of chocolate filling. Top with fourth layer with $\frac{1}{2}$ pint of cream, whipped and sweetened with a little sugar and flavored with vanilla. Cover top with toasted, slivered almonds. Refrigerate until ready to serve.

Marion Stauber
Norway, MI

Be kind, for everyone you meet is fighting a hard battle.

BLACKBERRY WINE RAISIN CAKE

¾ C. butter, softened	½ tsp. nutmeg
2 C. packed brown sugar	½ tsp. salt
2 eggs	1 C. blackberry wine
3 C. sifted flour	1 C. each: raisins and
2 tsp. baking powder	chopped pecans
1 tsp. cinnamon	

Cream butter and sugar. Beat in eggs. Sift together flour, baking powder, cinnamon, nutmeg and salt. Add to creamed mixture alternating with wine, beginning and ending with dry ingredients. Fold in raisins and pecans. Pour into well-greased bundt pan. Bake at 350° for 55 to 60 minutes or until done. Cool 10 minutes. Carefully loosen edges with spatula. Invert. Cool completely. To serve, spread Wine Butter Frosting on top. Makes 1 bundt cake. WINE BUTTER FROSTING: Cream together ½ cup softened butter and 2 cups sifted confectioners' sugar until fluffy. Beat in 2 tablespoons blackberry wine until of spreading consistency.

Rebecca K. Patton
Waukegan, IL

NORWEGIAN KRUMKAKE

3 well-beaten eggs	⅓ C. flour
½ C. sugar	¼ C. milk
½ C. butter (do not use margarine)	1 tsp. vanilla

Add sugar to eggs and beat. Melt butter and add to mixture. Add flour, milk and vanilla, continuing to beat. For variations, sherry, almond or lemon extract may be used in place of vanilla. Bake on krumkake iron.

Martha Jo Church
Waukegan, IL

PUDDING CAKE

1-2 layer-size pkg. cake mix	1 C. water
1-4 serving-size pkg. Jell-O	4 eggs
instant pudding	¼ C. oil

Combine all ingredients in large mixer bowl. Blend; then beat 2 minutes. Pour into a greased and floured 10" bundt or tube pan.* Bake at 350° F. for 50 minutes or until center springs back when lightly touched. Cool 15 minutes; remove from pan and finish cooling.

* A 9x13" pan may be used, bake 45 minutes.

Flavor combinations:

Instant pudding

Chocolate, chocolate fudge
Vanilla, French vanilla
Lemon
Banana cream
Pistachio, butterscotch,
pineapple cream, coconut
cream

Cake mix

Chocolate, devil's food
Yellow, white, banana
Yellow, white, lemon
Yellow, chocolate, banana
Yellow, white

Kathy Altman
Coon Rapids, MN

KEEP A DREAM IN THE MAKING

Keep some little dream in the making
If youth you would like to hold.
Old Father Time is defeated by dreams--
A dreamer never grows old.
For dreams have a way of quickening
The heart and the years pass you by.
You can always tell the man with a dream
By the ageless gleam in his eye.
So keep a small dream in the making.
It needn't be big or bold--
Just some little dream to beckon you on
And you'll never, no never, grow old.
H.L.M.

TOMATO-SOUP CAKE

1 large T. butter	1 tsp. baking powder
1 C. sugar	½ tsp. salt
1 egg	1 tsp. cinnamon
1 tsp. baking soda in 1 can tomato soup	½ tsp. nutmeg
1½ C. flour	¼ tsp. cloves

Cream butter and sugar. Add egg, mix thoroughly. Add tomato soup. Add dry ingredients. Bake at 375° for 45 minutes in 9x9" square pan.

CREAM CHEESE FROSTING:

3 oz. cream cheese	1 tsp. vanilla
1½ C. confectioners' sugar	

Beat together. Add small amount of milk if too stiff.

Doris Wolpert
Rochester, NY

MOTHER'S LIFETIME RECIPE

2 heaping cups of patience
1 heartful of love
2 handfuls of generosity
dash of laughter
1 headful of understanding

Sprinkle generously with kindness.
Add plenty of faith and mix well.
Spread over a period of a lifetime.
And serve everybody you meet.

NUSSKUCHEN

- | | |
|---|--------------------------------------|
| 1 C. butter (margarine) | 2½ C. flour |
| 2 C. sugar | 1 tsp. each: soda, baking powder |
| 5 eggs, separated | 3 T. chocolate-flavored beverage mix |
| 1 tsp. vanilla | 1 C. buttermilk |
| 1 C. each: semi-sweet chocolate pieces, chopped walnuts | |

In large bowl, beat butter, sugar, egg yolks and vanilla until well blended. Stir in chocolate and nuts. Sift dry ingredients; blend into covered mixture. Stir in buttermilk. Fold in stiffly-beaten egg whites. Turn into 2 greased and floured 9x5x3" loaf pans. Bake at 350° for 1 hour or until cake tests done. Cool. Dust with confectioners' sugar.

S.Sp.S. Sisters
Techny, Convent Kitchen

FRENCH CREAM FROSTING

- | | |
|-------------------|-----------------|
| ¾ C. milk | ¾ C. sugar |
| 3½ T. flour | 1/8 tsp. salt |
| ¾ C. shortening | 1¼ tsp. vanilla |
| ½ stick margarine | |

Cook flour and milk until thick. Cream margarine, shortening, sugar and salt. Add flour and milk mixture when only slightly warm. Beat until it forms soft peaks. Add vanilla. Refrigerate at least 20 minutes before using. Freezes well.

Pamela Klemm
Alexandria, VA

FROSTING (CREAMY AND ECONOMICAL)

4 T. flour	½ C. Crisco
1 C. milk	1 C. sugar
1 stick margarine	2 tsp. vanilla

Cook flour and milk until thick, then cool. Cream together margarine, Crisco, sugar and vanilla and add to cooled mixture. Beat all together until smooth and well blended, at least 5 minutes. This makes a large amount. I cut the recipe in half for a 9x13" cake if served from the pan.

Theresa Rudolph
Wilkes Barre, PA

BUTTER CREAM FROSTING

STAGE 1:

1 lb. (2 C.) shortening (part
butter)
1 lb. powdered sugar
(sifted)

STAGE 2:

1 C. powdered sugar (sifted)
2 egg whites
2 oz. sweetened condensed
milk (or regular milk or
cream)

Mix Stage 1 until fluffy (scrape sides at least once). Dissolve Stage 2 to a clear syrup and add to Stage 1 gradually. Add flavor to taste. This frosting keeps for a long time in the icebox, when taking it out let stand at room temperature and beat to its original consistency.

S.Sp.S. Sisters
Techny, Convent Kitchen

Notes

COOKIES AND CANDY



ICEBOX COOKIES

- | | |
|---|----------------------|
| ½ lb. butter, softened to room temperature | 1 tsp. soda |
| ½ lb. margarine, softened to room temperature | 1 tsp. baking powder |
| 3 eggs | ½ lb. chopped pecans |
| 1 C. white sugar and 1 C. brown sugar | 2 tsp. vanilla |
| 5 full C. flour (not leveled) | 1 tsp. cinnamon |
| | 1 tsp. salt |

Mix in the usual manner, adding ingredients **slowly** with the mixer going all the while. Pack the contents into 3 empty butter cartons. Be sure they are packed in nice and tight to eliminate air spaces. Use rubber bands to keep the cartons together tightly. Leave overnight in the refrigerator to set up. May be frozen and baked later, if desired. Bake on cookie sheets at 350° until golden brown. When you take the dough out of the cartons, slice through lengthwise first, then into individual slices.

Jayne Barry
Morton Grove, IL

CASHEW NUT COOKIES

- | | |
|--------------------------|------------------------------------|
| ½ C. margarine or butter | ¾ tsp. baking powder |
| 1 C. brown sugar | ¼ tsp. salt |
| 1 egg | ½ tsp. cinnamon |
| ½ tsp. vanilla | ¼ tsp. nutmeg |
| 2 C. sifted flour | ⅓ C. sour cream |
| ¾ tsp. soda | 1 C. salted cashew nuts,
broken |

Cream butter and sugar. Add egg and vanilla, beat well. Sift together dry ingredients and add to creamed mixture alternately with sour cream. Stir in nuts. Drop from teaspoon on greased cookie sheet. Bake at 375° for 8 minutes or until lightly browned. Cool. Frost with frosting.

FROSTING: Heat and stir 3 tablespoons butter till browned. Slowly beat in 2 cups sifted confectioners' sugar, 2 tablespoons milk, 1 teaspoon vanilla. Top each cookie with 1 cashew nut.

Sally Traub Rogalski
Saginaw, MI

DATE NUT REFRIGERATOR COOKIES

½ C. margarine or
vegetable shortening
1 C. brown sugar, firmly
packed
½ tsp. vanilla
1 egg

1¾ C. sifted flour
½ tsp. salt
¼ tsp. soda
½ C. chopped dates
½ C. chopped nuts

Cream shortening; add sugar, flavoring and egg; beat until light. Add sifted dry ingredients, dates and nuts; mix well. Shape dough into a 2" roll, wrap in waxed paper and chill overnight. Slice 1/8" thick; bake on greased cookie sheets in moderate oven at 375° F. for 8 to 10 minutes.

Mrs. Frank (Josephine) Pikel
North Chicago, IL

ALMOND BARK COOKIES

1 lb. white almond bark
1 C. pretzel sticks (break
into ½" pieces)

1 C. Spanish peanuts (salted
with skins on)
1 C. Captain Crunch cereal
1 C. Rice Krispies cereal

Melt bark in pan in low oven (200°). Watch closely so it does not burn. Add above ingredients to melted bark and drop by teaspoon on waxed paper. Makes about 4 dozen.

Dorothy E. Costello
Arden Hills, MN

COCONUT SURPRISES

1 C. butter
½ C. sugar
2 tsp. vanilla
2 C. sifted flour

¼ tsp. salt
1½ C. pecan halves
1 C. flaked coconut

Cream butter; add sugar gradually. Blend in vanilla and sifted dry ingredients. Wrap level teaspoonfuls of dough around pecan halves, then roll in coconut. Place on greased cookie sheets. Bake at 325° about 15 minutes or until lightly browned. Makes about 7 dozen. Dates may be substituted for pecans.

Mary B. Worklan
Waukegan, IL

COCONUT OATMEAL COOKIES

1 C. white sugar	2 C. oatmeal
1 C. brown sugar	1 can coconut
1 C. shortening	1 tsp. baking powder
2 eggs	1 tsp. soda
1 tsp. vanilla	1 tsp. salt
2 C. flour	

Cream shortening and sugar and add balance gradually. Bake 12 minutes at 350°. Makes about 6 dozen cookies.

Sr. Priscilla Burke, S.Sp.S.
New Hampton, IA

DAWN'S CHOCOLATE CHIP COOKIES

1 C. margarine	2 tsp. soda
1 C. brown sugar	2 tsp. cream of tartar
1 C. white sugar	1 tsp. salt
3 eggs	½ tsp. vanilla
3 C. flour	16 oz. chocolate chips

Cream together margarine and sugars. Blend in eggs. Sift together dry ingredients and add to creamed mixture. Stir in chocolate chips. Bake at 350° for approximately 8 minutes or until brown.

Dawn Gerleman
New Hampton, IA

CRISPIES

1 C. shortening (no oleo)	1 tsp. baking powder
1 C. brown sugar	½ tsp. salt
1 C. granulated sugar	2 C. oatmeal
2 eggs	1 pkg. chocolate chips
1 tsp. vanilla	¼ C. coconut
2 C. flour	14 to 16 maraschino cherries,
1 tsp. baking soda	quartered

Cream the shortening and sugar. Add the eggs and vanilla, mix well. Sift together the flour, soda, baking powder and salt. Add flour mixture and oats to creamed mixture and blend well. Add chocolate chips, coconut and cherries. Drop from teaspoon onto a cookie sheet. Bake at 400° for 10 to 12 minutes.

Ethel Perrine
Highland Ranch, CO

CHEESECAKE COOKIES

1/3 C. butter or margarine	1 T. lemon juice
1/2 C. brown sugar	1/4 C. sugar
1 C. flour	1 egg
2 T. milk	8 oz. cream cheese
1/2 C. chopped nuts	1 tsp. vanilla

Cream butter with brown sugar in small bowl. Add flour and nuts. Mix to make crumbs. Reserve 1 cup for topping. Press remainder into bottom of 8x8" pan. Bake 12 to 15 minutes at 350°. Blend sugar and cheese in mixer until smooth. Add whole egg, lemon juice, milk and vanilla. Beat well and spread over baked crust. Sprinkle with reserved topping. Bake 25 minutes at 350°.

Mavis Landsverk
Wadsworth, IL

TORCETTIS (ITALIAN CHRISTMAS FAVORITE)

1/2 lb. butter (softened)	1 T. sugar
2 C. flour	1 1/2 tsp. vanilla
1 pkg. dry yeast	1 egg and 1 egg yolk (beaten)
1/4 C. warm cream	About 1 lb. powdered sugar

Cut flour and butter. Combine cream, vanilla, sugar and yeast. Add beaten egg. Add to flour mixture. Use more flour to knead. Let rise till double. Using lots of powdered sugar, roll out dough to very thin. Roll sugar into dough as you work. Cover with filling. Cut into 2" squares. Roll into small crescents. Roll in powdered sugar. Bake on an ungreased sheet 8 to 12 minutes. Do not overbake as they are great rewarmed.

FILLING:

1/2 lb. ground black walnuts	1 T. cream
1 egg white	1 tsp. rum or vanilla
2 tsp. sugar	

Clare Staebell
Waterloo, IA

ROSETTES

1 C. flour	1 egg, unbeaten
2 T. sugar	1 C. skim milk
½ tsp. salt	

Stir until consistency of heavy cream. Deep fat fry in 365° oil.

Ellie Hill
New Hampton, IA

EXCELLENT SPRITZ COOKIES

1 C. shortening or margarine	2¼ C. sifted flour
¾ C. sugar	½ tsp. baking powder
1 egg	¼ tsp. salt
	1 tsp. lemon extract

Cream the shortening, gradually add sugar and cream well. Beat in egg and extract. Add the flour sifted with salt and baking powder. Spritz on greased cookie sheet any design and bake at 400° for about 10 to 12 minutes.

S.Sp.S. Sisters
Techny, Convent Kitchen

NIGHTY-NIGHTS

2 eggs, separated	1 C. chocolate bits
⅔ C. sugar	1 C. chopped pecans

Preheat oven to 350°. Line 2 cookie sheets with foil. Beat egg whites until foamy and slowly add sugar; continue beating until stiff. Fold in chocolate bits and pecans. Drop onto cookie sheets by teaspoonsful. Place in the preheated oven; immediately turn off heat. Go to bed and take out in the morning. Makes about 2 dozen cookies.

Irene Kledzinski
Chicago, IL

PIZZELLE

- | | |
|--------------------------------------|---|
| 12 eggs | 6 C. flour |
| 3½ C. sugar | 1 tsp. salt |
| 2 C. melted shortening or
use oil | 1 tsp. pure anise oil (add
1 drop at a time) |
| ½ C. sesame seeds
(optional) | |

Bake 30 seconds on pizzelle iron. Makes 10 to 12 dozen.

You can add the sesame seeds or nuts or even cocoa if you wish or make them plain. Recipe may be cut in half. Delicious!

Irene Yester
Pittsburgh, PA

NUERNBERGER LEBKUCHEN (SPICE GINGERBREAD COOKIES)

- | | |
|----------------------------|---|
| 2 eggs | ¾ C. blanched almonds,
chopped fine in blender |
| 1 C. sugar | ¼ C. candied lemon peel |
| 1 C. sifted flour | ½ tsp. grated lemon peel |
| 1 tsp. cinnamon | |
| 1/8 tsp. ground cloves | |
| 1/8 tsp. powdered cardamon | |

Beat eggs, gradually add sugar and beat until thickened. Blend in flour, spices, almonds and lemon peels. Drop by teaspoonful on well-greased cookie sheets or spread in a well-greased 8" square baking pan. Bake in a slow oven (325°) for 15 to 20 minutes or until edges are beginning to brown for drop cookies, 20 to 25 minutes or until edges begin to pull away from sides of pan for bar cookies. Remove from cookie sheet. Cool on rack or cut into bars about 3x1". Cool on rack. Store cookies or bars in cookie jar to mellow for a few days. Cookies may be sprinkled with powdered sugar or iced with a chocolate glaze. Makes 3 dozen 2" cookies.

Mrs. Anne (Otto) Seidler
Mt. Prospect, IL

GINGER SNAPS

$\frac{3}{4}$ C. shortening
1 C. sugar
1 egg (beaten)
 $\frac{1}{4}$ C. molasses

$2\frac{1}{4}$ C. flour
1 tsp. soda
1 tsp. ginger
1 tsp. cinnamon
Sift above together.

Cream shortening, add sugar, egg and molasses in order. Add dry ingredients. Form into small balls, roll in sugar. Bake at 375° for 10 minutes.

Pauline Post
Waukegan, IL

RUSSIAN TEACAKES

MIX TOGETHER:

1 C. soft butter
 $\frac{1}{2}$ C. sifted confectioners'
sugar
1 tsp. vanilla

SIFT TOGETHER:

$2\frac{1}{4}$ C. sifted flour
 $\frac{1}{4}$ tsp. salt

Combine above mixtures and stir. Then mix in $\frac{3}{4}$ cup finely chopped nuts. Chill dough. Roll into 1" balls. Place on ungreased baking sheet (cookies do not spread). Bake until set, but not brown. While still warm, roll in confectioners' sugar. Cool. Roll in sugar again. Bake at 400° for 10 to 12 minutes. Makes about 4 dozen cookies.

Mrs. Bernie (Dorothy) Kuhl
Sierra Vista, AZ

Planning your work is good, but doing it is even better.

ROSKI

½ lb. lard (not shortening)	1 tsp. salt
½ lb. butter or margarine	1 pkg. yeast
5½ C. flour (unsifted)	3 whole eggs
	½ pt. sweet cream

Mix flour, salt and shortening till about the size of a dime. Mix cream, yeast and eggs. Stir until dissolved. Pour into dough mixture, mix like pie crust. Handle as little as possible, chill dough. Take piece and roll thin on sugared board (granulated sugar). Cut in squares, put filling in and roll from corner to corner to form a crescent. Bake on greased cookie sheet for 25 minutes at 375°. **Important:** Remove from pan onto waxed paper immediately.

NUT FILLING:

1 lb. walnuts, ground	2 T. margarine, melted
1 C. sugar	Enough scalded milk to make a paste

Other fillings can be: apricot, prune, poppy seeds.

Dorothy Jancosek
Cedar Lake, IN

ENGLISH GINGERNUTS

¾ C. butter	3¾ C. flour
2 C. sugar	1½ tsp. baking soda
2 eggs, well beaten	3 tsp. ground ginger
2 tsp. vinegar	1 tsp. ground cinnamon
½ C. dark molasses	1 tsp. ground nutmeg
	1 tsp. ground allspice
	½ tsp. ground cloves

Preheat oven to 325°. Cream the butter and sugar. Stir in the eggs, vinegar and molasses. Sift together all the dry ingredients and then blend well with the first mixture. Drop by teaspoon onto a greased cookie sheet. Then roll each mound into a small ball and flatten slightly with the back of a moistened spoon. Bake for 10 minutes ONLY; watch carefully! Cool on the cookie sheet for 1 minute, then remove to a platter or plate. The tops will look "cracked" like a gingersnap and the cookies should be chewy, NOT crisp. Yields 8 to 9 dozen.

Mrs. Eugene L. Zibrat
Greenbelt, MD

DARK FRUITCAKE COOKIES

¼ C. butter	½ tsp. ground allspice
½ C. brown sugar	½ tsp. ground cloves
¼ C. grape jelly	½ tsp. ground nutmeg
2 eggs, beaten	½ tsp. ground cinnamon
2 tsp. baking soda	½ tsp. ground ginger
1½ T. milk	2 C. chopped nuts
1½ C. flour (divided)	2 lbs. chopped fruit mix*

Cream the butter and sugar. Add the jelly and eggs. Dissolve the soda in the milk and add to the creamed mixture. Gradually add ½ cup flour which has been sifted with all the spices. Dredge nuts and fruit with the remaining flour and STIR (don't use a mixer!) into the batter. Mix well and drop from a teaspoon onto a greased and floured (it's important to do BOTH!) cookie sheet. Bake at 300° for 20 minutes. Yields 10 dozen.

*One pound of raisins may be substituted for 1 pound of fruit mix.

Mrs. Eugene L. Zibrat
Greenbelt, MD

ITALIAN SESAME SEED COOKIES

6 C. flour	½ tsp. salt
1⅓ C. sugar	3 T. vanilla
2 eggs	3 tsp. baking powder
2 C. margarine	Sesame seeds

Cream margarine, sugar and eggs, blend well. Add vanilla. Sift dry ingredients into the dough. Mix well. If the dough is too dry, add a few drops of milk. Take a handful of dough and knead some sesame seeds into it. Then roll the dough into more seeds. Cookies are about 1½" long. Bake at 350° until slightly browned. Bake on an ungreased cookie sheet.

Sr. Fran Raia, CPPS
St. Louis, MO

SUR FLODE SMAAKAGER

(DANISH SOUR CREAM DROP COOKIES)

½ C. shortening	½ tsp. soda
1 C. brown sugar	2 tsp. baking powder
1 egg	½ tsp. salt
2 C. sifted flour	½ C. rich sour cream
1 tsp. nutmeg	½ C. chopped nutmeats

Cream shortening and sugar until soft; add egg and beat well. Resift flour with nutmeg, soda, baking powder and salt; add sifted ingredients to creamed mixture alternately with sour cream; blend in nuts and mix well. Drop with teaspoon onto well-greased cookie sheet. Bake at 350° for about 10 minutes.

Mrs. Thomas Wall
Harper Woods, MI

AUSTRIAN ALMOND SQUARES

1 C. soft butter	2 C. flour
1 C. sugar	1 tsp. nutmeg
1 egg, separated	1 C. sliced almonds

Preheat oven to 275°. Cream butter and sugar together until light and fluffy. Add egg yolk and beat well. Sift together flour and nutmeg and add to creamed mixture, stirring well. Spread dough evenly over 15x10" pan. Beat egg white slightly and brush over top. Pat almonds over dough. Brush with remaining egg white. Bake 1 hour. While uncut cookie is still warm, cut into squares. Makes about 4½ dozen.

Mrs. Thomas Wall
Harper Woods, MI

PECAN COOKIES

½ lb. shortening (½ butter and ½ margarine)	2 C. all-purpose flour
4 T. powdered sugar	½ C. finely chopped pecans
	1 tsp. vanilla

Cream shortening and sugar. Add flour, nuts and vanilla. Chill until easy to handle. Shape dough (about teaspoon) and shape into rolls, the size of little finger. Bake at 350° for 10 to 15 minutes. When cool, roll in powdered sugar.

Terry O'Hanion
Coral Gables, FL

TERRIE YESTER'S WEDDING NUT BALLS

1 C. butter (oleo)	½ tsp. salt
4 T. brown sugar	2 tsp. vanilla
2 C. flour	2 C. chopped (ground) nuts

Form into balls. Bake at 350° until golden brown (approximately 10 to 12 minutes). Roll in powdered sugar.

Terri Yester
Pittsburgh, PA

ST. JOE'S LOW CHOLESTEROL OATMEAL COOKIES

1 C. margarine	1¼ C. flour
1 C. brown sugar	1 tsp. baking soda
1 C. granulated sugar	1 tsp. cinnamon
1 tsp. vanilla	3 C. quick-cooking oats
4 egg whites*	

Cream together margarine, sugar, vanilla and egg substitute (or egg whites). Sift together flour, baking soda and cinnamon. Stir in oats. Mix well. Drop by teaspoon onto oiled cookie sheet. Bake 10 minutes at 350°. Makes 4½ dozen.

*Or egg substitute equivalent to 2 eggs.

Saint Joseph Community Hospital
New Hampton, IA

CRUNCHY CORNMEAL COOKIES

1 C. shortening	2¾ C. sifted unbleached white
1½ C. sugar	flour or cake flour
2 eggs	1 C. cornmeal
¼ tsp. lemon extract or	1 tsp. baking powder
1 tsp. lemon juice	1 tsp. ground nutmeg
	½ to 1 C. raisins

In a large bowl, beat shortening, sugar, eggs and lemon juice or lemon extract with electric mixer till blended. In a bowl, stir together flour, cornmeal, baking powder, nutmeg and ½ teaspoon salt. Add to shortening mixture and beat thoroughly. Stir in raisins by hand. Drop dough from a teaspoon 2" apart onto a greased cookie sheet. Bake in a 375° oven for 10 to 12 minutes. Transfer the cookies to a wire rack to cool. Makes 4 dozen.

Mary M. Swift
Detroit, MI

SECRET SURPRISE COOKIES

- | | |
|--------------------------------------|---------------------------------------|
| 1 C. softened butter or
margarine | 2 C. all-purpose flour |
| ½ C. sugar | 1 C. finely chopped walnuts |
| 1 tsp. vanilla | 1-6 oz. pkg. milk chocolate
kisses |

In mixer, beat butter, sugar and vanilla until light and fluffy. Add flour and nuts, beat at low speed until well blended. Chill dough! Using 1 tablespoon dough for each cookie, shape it around a chocolate kiss completely. Place on ungreased cookie sheet. Bake at 375° for 12 minutes until cookies are set but do not brown. Let cool slightly and remove to wire rack. While still warm, roll in powdered sugar. Store in tightly covered containers. Makes 40 cookies.

Terry O'Hanion
Coral Gables, FL

100 BEST COOKIES

- | | |
|---------------------------|--------------------|
| 1 C. (2 sticks) margarine | 1 tsp. soda |
| 1 C. brown sugar | 1 tsp. salt |
| 1 C. white sugar | 1 C. coconut |
| 1 egg | 1 C. Rice Krispies |
| 1 C. vegetable oil | 1 C. oatmeal |
| 3½ C. flour | 1 C. nuts |
| 1 tsp. cream of tartar | |

Mix ingredients as usual. Drop in little balls and flatten with fork or bottom of a drinking glass. Bake at 325° for 15 to 20 minutes.

Mrs. Marie DeGroot
Norway, MI

FAVORITE CHOCOLATE CHIP

1 C. Crisco oil	2 eggs
1 C. Crisco butter flavor or margarine	½ tsp. salt
1 C. brown sugar	4 tsp. cream of tartar
1 C. white sugar	4 C. flour
2 tsp. baking soda	1 large bag chocolate chips
2 tsp. vanilla	1 C. nuts
	½ C. maraschino cherries

Cream oil, Crisco, brown sugar, white sugar; add eggs and vanilla. Beat till fluffy. Add dry ingredients, stir in chocolate chips, nuts and cherries. Drop onto greased cookie sheet. Bake 10 to 12 minutes at 375°.

Mary Louise Little
Girard, PA

PAT'S CHOCOLATE CHIP COOKIES

⅔ C. shortening	3½ C. flour
⅔ C. butter or margarine	1 tsp. soda
1 C. granulated sugar	1 tsp. salt
1 C. brown sugar	1 C. chopped nuts
2 eggs	1-12 oz. pkg. chocolate chips
2 tsp. vanilla	

Preheat oven to 375°. Mix thoroughly the shortening, butter, sugars, eggs and vanilla. Stir in remaining ingredients. Drop by rounded teaspoonfuls 2" apart onto ungreased baking sheet. Bake 8 to 10 minutes or until light brown. Cool slightly before removing from cookie sheet. Makes about 7 dozen cookies.

Pat Arnold
Elma, IA

BEV'S GREAT CHOCOLATE CHIP COOKIES

1 C. margarine, soft	3½ C. flour
½ C. granulated sugar	1 tsp. baking soda
1½ C. brown sugar	1 tsp. salt
2 large eggs	1 pkg. chocolate chips
2 tsp. vanilla	Greased cookie sheet

Mix everything together, drop a teaspoonful at a time on the sheets and bake at 375° for 12 to 13 minutes. You can add to recipe: ½ cup peanut butter or peanut butter chocolate chips or add walnuts and raisins to recipe (½ to 1 cup each to make Chunkey Cookies).

Bev Cherup
Pittsburg, PA

CHOCOLATE DROP COOKIES

1 C. brown sugar	½ C. milk with ½ tsp. soda
½ C. oleo	dissolved
1 egg	½ C. flour
2 squares chocolate, melted	1 tsp. vanilla

Beat sugar, oleo and egg. Add melted chocolate and beat. Add milk, soda and mix. Now add flour and vanilla and beat well. Drop by teaspoonfuls onto slightly-greased cookie sheets. Bake at 350° for 10 to 12 minutes and while still warm, frost with chocolate icing: 1 cup powdered sugar, 1 tablespoon butter and 4 teaspoons cocoa. Add enough hot coffee to make frosting consistency, add ½ teaspoon vanilla and frost the warm cookies.

Maxine Gorman
New Hampton, IA

SUGAR-OATMEAL COOKIES

2 sticks margarine, softened	1 C. flour
½ C. sugar	1½ C. oatmeal

Mix. Roll into balls. Flatten with a glass dipped in sugar. Bake at 350° F. for 10 minutes. Sprinkle with powdered sugar while still hot.

Martha Jo Church
Waukegan, IL

GRANDMA'S CUT OUTS

- | | |
|------------------------|------------------------|
| 1 stick butter (¼ lb.) | 1 tsp. cream of tartar |
| 1 stick oleo (¼ lb.) | 1 tsp. baking soda |
| 3 C. flour | ½ tsp. salt |
| 1 C. granulated sugar | 2 eggs |
| | 1 tsp. vanilla |

Cut butter and oleo into sugar, flour, salt, soda and cream of tartar. Add eggs and vanilla. Add more flour if needed to make 4 portions. No chilling. Roll and cut. Decorate as desired.

Lois Kerpan
Waukegan, IL

SUGAR COOKIES

- | | |
|---|---|
| 3 C. powdered sugar | Dash of salt |
| 2 C. shortening (½ butter &
½ margarine) | 1 tsp. cream of tartar |
| 2 eggs | Scant tsp. soda |
| 4 C. flour | ½ tsp. almond extract &
½ tsp. vanilla (mixed) |

Mix (cream) sugar and shortening; add eggs and balance of ingredients. Make into balls. Dip bottom of glass in dough and then in sugar and cinnamon mixture (½ cup sugar and ½ teaspoon cinnamon), flatten balls. Bake at 375° until cookies are just brown around edges (10 to 12 minutes). Watch closely, do not overbake.

I find that refrigerating dough several hours or overnight is best, before making balls. This makes about 12 dozen cookies and are good keepers. At Christmas I use red sugar with the cinnamon.

Isabelle Rieser
Naperville, IL

NO ROLL SUGAR COOKIES

1 C. butter	4 C. flour
1 C. shortening	1 tsp. cream of tartar
1 C. powdered sugar	1 tsp. soda
1 C. white sugar	2 tsp. vanilla
2 eggs	

Cream butter, shortening and sugar. Add eggs, flour sifted with dry ingredients and vanilla. Roll into small balls and flatten with a glass. Bake 8 to 10 minutes on a greased cookie sheet in a 350° oven.

Pat Arnold
Elma, IA

DELICIOUS SUGAR COOKIES

1 C. shortening	¼ tsp. baking soda
2 C. sugar	1 tsp. baking powder
3 eggs (unbeaten)	½ tsp. salt
¼ C. orange juice	1½ tsp. vanilla
4 C. flour	

Cream shortening and sugar. Add eggs and cream again. Sift flour, soda, salt and baking powder together. Add dry ingredients to creamed mixture alternately with orange juice and vanilla. Drop by teaspoon on ungreased cookie sheet. Bake at 400° for 10 to 12 minutes.

Mrs. Joseph H. Beck
Dayton, OH

A cookie jar setting on the shelf,
Is not much good just in itself,
But, keep it full and you will see,
That's all you'll need with coffee or tea.

NEVER FAIL SUGAR COOKIES

(A CRISP, LIGHT COOKIE)

1 C. oil	1 tsp. vanilla
$\frac{3}{4}$ C. margarine	1 tsp. cream of tartar
1 C. powdered sugar	1 tsp. baking soda
1 C. granulated sugar	1 tsp. salt
2 eggs, unbeaten	4 C. flour

Cream together margarine, oil and sugars. Add eggs and vanilla. Sift together flour, soda, salt and cream of tartar. Mix all together and chill for at least 1 hour. Shape into balls. Place on ungreased cookie sheet. Press down with glass dipped in sugar. Bake 10 minutes at 375°.

Eileen Janicki
Varna, IL

ANGEL FLAKE COOKIES

1 C. softened butter	1 tsp. baking soda
1 C. vegetable oil	1 tsp. cream of tartar
1 C. granulated sugar	1 tsp. salt
1 C. firmly packed brown sugar	1 C. crisp rice cereal
1 egg	1 C. flaked coconut
2 tsp. vanilla extract	1 C. quick oats, uncooked
$3\frac{1}{2}$ C. sifted all-purpose flour	

Combine butter, oil, sugars, egg and vanilla; mix well. Add sifted dry ingredients. Stir in cereal, coconut and oats; blend well. Cover; chill 1 hour. Drop by teaspoonfuls 2" apart onto ungreased cookie sheet. Bake in 325° gas oven for 12 to 15 minutes. Cool slightly; remove from sheet and cool on rack. Yields about 8 dozen.

Mrs. Frank (Josephine) Pikel
North Chicago, IL

PRIDE OF IOWA COOKIES

1 C. brown sugar	1 tsp. soda
1 C. white sugar	1 tsp. baking powder
1 C. shortening	1 tsp. vanilla
2 eggs	1 C. coconut
2 C. flour	3 C. quick cooking rolled oats
½ tsp. salt	½ C. chopped nuts

Blend sugars and shortening, add beaten eggs. Sift dry ingredients together and add to first mixture. Stir in vanilla, coconut, oats and nuts. Mix well and drop by teaspoon on greased cookie sheet. Flatten with the bottom of a glass. Bake in 375° oven until light brown (about 8 minutes). Makes 5 dozen.

Sr. Luke Hemesath, S.Sp.S.
Techny, IL

HONEY BOY COOKIES

1 C. butter	½ tsp. cloves
1 C. honey	½ tsp. allspice
4 C. flour	2 tsp. soda
½ tsp. cinnamon	

Boil butter and honey together for 1 minute. Cool. Sift dry ingredients together and add to the honey and butter mixture. Roll 3/8" thick. Cut dough with floured cookie cutter. Bake at 350° for 10 to 15 minutes.

Sister Genevieve Mary Beck, S.N.D. de Namur
Cincinnati, OH

GROUND RAISIN COOKIES

2 C. white sugar	1 tsp. soda
2 eggs	2 C. quick oatmeal
1 C. shortening	2 C. flour
1 tsp. salt	1 tsp. nutmeg
1½ C. ground raisins	

Mix sugar, shortening and beaten eggs. Sift flour, spices and add to sugar mixture, alternating with the ground raisins. Form into balls. Pat down with fork dipped in sugar. Bake in moderate oven.

Catherine Bellmore (Underberg)
Breckenridge, MN

RAISIN PUFFS

1 C. dark seedless raisins	2 eggs, slightly beaten
½ C. golden raisins	3½ C. flour
1 C. water	½ tsp. salt
1 C. shortening	1 tsp. baking soda
1½ C. sugar	1 tsp. vanilla

Cook raisins and water over moderate heat until water is absorbed. Cool. Cream until fluffy the flour, salt and baking soda. Add to creamed mixture with vanilla and raisins, mix well. Shape dough into small balls the size of a walnut. Roll each in granulated sugar. Place on a greased baking sheet. Bake at 350° for 15 minutes. Yields 6 to 8 dozen.

Elaine Melquist
Albion, PA

PEANUT BUTTER SURPRISES

¾ C. crunchy peanut butter	1 egg
¼ C. powdered sugar	1 tsp. vanilla
½ C. oleo or butter	2 C. flour
¾ C. sugar	⅓ C. cocoa

Combine peanut butter and powdered sugar; set aside. Cream butter and sugar. Add egg and vanilla; beat well. Sift together flour, cocoa. Blend into butter and sugar mixture. Batter will be very stiff. Shape into 1" balls. Flatten each ball and place ½ teaspoon peanut mixture in center. Shape dough around filling, pressing to seal. Roll in granulated sugar. Place on ungreased cookie sheet. Bake at 300° for 13 to 15 minutes.

Marie Rost
Savannah, MO

PEANUT BLOSSOMS

SIFT TOGETHER:

1 $\frac{3}{4}$ C. flour
1/2 tsp. salt
1 tsp. soda
Set aside.

CREAM TOGETHER:

1/2 C. shortening
1/2 C. peanut butter

ADD TO CREAMED MIXTURE:

1/2 C. sugar
1/2 C. brown sugar
Cream well.

Add 1 unbeaten egg and 1 teaspoon vanilla to creamed mixture. Beat well. Blend in dry ingredients gradually. Mix thoroughly. Shape dough into balls using a rounded teaspoonful for each. Roll balls in sugar and place on greased cookie sheet. Bake at 375° for 10 minutes, then top with a Hershey's kiss and bake again for 2 to 5 more minutes.

Leisa Tremper
Columbus, OH

PEANUT MINIATURE TREATS

1/2 C. butter
1/2 C. brown sugar
1/2 C. white sugar
1 egg
1/4 tsp. salt

1/2 C. creamy peanut butter
1/2 tsp. vanilla
1 $\frac{1}{4}$ C. flour
 $\frac{3}{4}$ tsp. soda

Combine above. Roll into small balls and place in greased miniature muffin tins. Make a thumbprint in each cookie. Bake at 375° for 8 to 9 minutes. As soon as cookie comes from oven, place a miniature Reese's peanut butter piece in each cookie. Cool.

Betty Denner
New Hampton, IA

PEANUT BUTTER LOGS

½ C. butter or oleo	½ C. nuts (chopped)
1 C. crunchy peanut butter	2 C. Rice Krispies
2 C. powdered sugar	12 oz. chocolate chips
1 C. coconut	¼ bar paraffin

Mix all ingredients except chocolate chips and paraffin in order given. Shape in thumb-size rolls and chill overnight before dipping. To make dip: Melt together chocolate chips and paraffin over hot water. When melted, dip the fingers and lay on a cookie sheet, which has been lined with wax paper. This makes about 50.

Norma Rome
Watertown, WI

FRUIT CAKE COOKIES

CREAM TOGETHER IN LARGE BOWL:

1 C. butter	3 eggs
1¼ C. brown sugar	1½ tsp. vanilla

BLEND INTO THE CREAMED MIXTURE:

2½ C. flour	½ tsp. salt
1 tsp. soda	

In another large bowl, place the following fruits and nuts and coat them with ½ cup flour.

2 lbs. dates, chopped	1 lb. walnuts, chopped
1 lb. candied fruit	½ lb. almonds, chopped
4 oz. candied pineapple, chopped	½ lb. Brazil nuts, chopped
4 oz. glazed cherries, chopped	1 tsp. cinnamon

Mix the creamed mixture and the fruit by hand until the fruit and nuts are blended. Bake at 375° for 10 to 12 minutes until golden brown.

Mary Ann Kolarik
Suttons Bay, MI

FRUIT BARS

2 C. nuts, any kind
1 stick margarine
1½ C. brown sugar
1 C. flour
¼ tsp. baking soda
Pinch of salt

1 tsp. vanilla
2 eggs
1 small jar maraschino
cherries, chopped
½ lb. candied pineapple or
natural dried pineapple rings

Grease and flour 9x12" pan. Cream butter and sugar. Add eggs. Sift flour, soda and salt. Add to above mixture. Add vanilla. Mix well. Add pineapple and nuts. Spread above in pan. Cut up and sprinkle cherries on top. Place in "cold oven" and bake at 300° for 50 to 70 minutes. Let cool on rack before cutting into squares. Sprinkle with confectioners' sugar, if desired.

Dorothy Lazan
Girard, PA

CARROT COOKIES

2 C. all-purpose flour
2 tsp. baking powder
1 tsp. salt
¾ C. butter

¾ C. sugar
1 C. cooked, mashed carrots
½ tsp. vanilla

Sift flour 3 times with baking powder and salt. Cream butter, add sugar gradually and cream well. Add mashed carrots. Blend and add vanilla. Add sifted flour with dry ingredients. Blend. Drop from teaspoon onto greased cookie sheets. Bake at 350° for about 15 minutes. Frost with Orange Frosting, while warm.

ORANGE FROSTING:

1½ tsp. grated orange rind
2½ T. orange juice

1½ T. butter
Powdered sugar

Combine orange rind, orange juice and butter. Add enough powdered sugar to make frosting of spreading consistency. Spread on warm cookies. Makes about 6 dozen.

Sr. Theresella Underberg, S.Sp.S.
Techny, IL

CREAMY PUMPKIN OR BANANA COOKIES

1 C. sugar	1 tsp. baking soda
1 stick oleo	1 tsp. baking powder
1 egg	1 tsp. cinnamon
1 C. pumpkin (canned), or	2 C. flour
ripe mashed bananas	1 C. raisins, dates or nuts (optional)

Cream sugar, oleo and egg; add pumpkin (or banana). Add other ingredients and mix thoroughly. Drop on greased pans. Bake for 9 to 10 minutes at 350°. Double, if more cookies are desired.

Cathy Zapolski
Erie, PA

GRANNY'S RECIPES

Grandmother's the finest cook on earth;
She told me long ago,
Bread's no good unless you add some loving
To the dough.
And when you're baking pies, she said,
"A pinch of faith and trust,
If added to the shortening,
Makes a flaky, tender crust."
Compassion by the spoonful in the batter of a cake
Makes it come out light and fluffy
And the finest you can make.
Now these things can't be purchased
In the store across the way,
But Grandma keeps them in her heart
And uses them each day.

BLESSED REGULARITY COOKIES

- | | |
|---|---|
| 1 C. unsifted all-purpose whole wheat flour | ½ C. sunflower seeds |
| 1 tsp. double-acting baking powder | ½ C. sesame seeds |
| ¾ tsp. salt | ½ C. wheat germ |
| 1 T. cinnamon | 1 C. bran or any dry cereal except Fruit Loops |
| ¼ tsp. powdered ginger | Semi-sweet chocolate chips, up to 32 oz. or as many as batter will hold |
| 1½ C. currants or raisins | ½ lb. (1 C.) butter |
| 1 C. rolled or quick-cooking (not instant) oats | ½ C. peanut butter or almond butter |
| 1 generous C. walnuts, coarsely broken or cut | 1¼ C. dark brown sugar, firmly packed |
| 1 generous C. pecans, coarsely broken or cut | 2 or 3 eggs |
| ½ generous C. pignolias (pine nuts) | ¼ C. milk |
| 1 C. peanuts, may be salted or not | |

Adjust rack to top position in the oven, preheat to 350°. Cover cookie sheets with aluminum foil. Use a strainer and strain flour (whole wheat flour may be too coarse for sifting), baking powder, salt, cinnamon and ginger into large bowl. Add currants or raisins and with fingers, toss until separated and coated with dry ingredients. Add walnuts, pecans, pignolias, peanuts, sunflower seeds, sesame seeds, wheat germ and all other dry ingredients, including chocolate chips. Mix together and set aside. Cream together butter and peanut butter. Add sugar and beat well. Beat in eggs and then the milk, scraping the bowl with spatula as necessary. Pour over the flour-nut mixture and stir, mix with heavy wooden spoon or bare hands until dry ingredients are absorbed. Sample the batter. Make the cookie large. With back of spoon, flatten cookie to about ¾" thickness. Bake 18 minutes until cookie is lightly browned and semi-firm to the touch.

Darlene Early
Albany, NY

HEATH BAR COOKIES

Line a cookie sheet with foil. Grease with margarine. Layer a single layer of soda crackers on greased foil. Boil 1 cup brown sugar and 1 cup real butter for 3 minutes. Stir as it cooks. Pour over crackers and bake for 5 minutes at 375°. Remove from oven and immediately sprinkle on 12 ounces of chocolate chips evenly. As they melt, spread with knife until smooth. Cool just until chocolate is set. Cut.

Kay Diczg
Waukegan, IL

M AND M COOKIES

1 C. margarine	2 eggs
1 C. brown sugar	2¼ C. flour
½ C. sugar	1 tsp. soda
2 tsp. vanilla	1 tsp. salt
	1½ C. M & M chocolate candies

Mix together. Drop by teaspoonsful on cookie sheet. Bake at 375° for 8 minutes.

Lisa Heller
Sumner, IA

MALTED MILK A-ROUNDS

1 pkg. coconut pecan frosting mix	2 C. flour
1 C. butter	½ tsp. baking soda
1 egg, slightly beaten	54 malted milk balls

Preheat oven to 375°. Grease cookie sheet. In a large bowl, combine frosting mix, butter, egg and mix well. Stir in flour and soda. Shape dough into 1" balls. Place 2" apart on cookie sheet. Bake 8 to 10 minutes. Remove from oven and immediately press malted milk ball into top of each cookie. Cool 1 minute before removing from cookie sheet. Cool completely. Makes 54 cookies.

Betty Denner
New Hampton, IA

MARSHMALLOW-CROWNED CHOCOLATE COOKIES

½ C. shortening
1 C. brown sugar
1 egg
1 tsp. vanilla
1½ C. sifted flour
⅓ C. cocoa
1 tsp. soda
¼ tsp. salt
½ C. sour cream

ICING:
¾ C. semi-sweet chocolate
pieces
¼ C. evaporated milk
1 tsp. butter
1 tsp. vanilla
⅓ C. confectioners' sugar

1 C. chopped pecans

30 large marshmallows,
halved

Cream shortening and brown sugar until light and fluffy. Add egg and vanilla. Beat thoroughly. Sift flour with cocoa, soda and salt; add in thirds alternately with sour cream, beating until smooth after each addition. Stir in nuts (optional). Drop from a teaspoon onto greased cookie sheets. Bake at 350° for about 10 minutes or until done. Place ½ marshmallow, cut side down on each cookie. Return to oven for about 30 seconds or until marshmallow is slightly melted on cookie. Cool.

ICING: Melt chocolate pieces in top of double boiler, blend in remaining ingredients. Spread icing over marshmallows.

Mrs. George J. Semmerling
Chicago, IL

CHINESE ALMOND COOKIES

3 C. sifted flour
4 T. finely chopped almonds
1 C. sugar
½ tsp. salt
2 tsp. baking soda

1½ C. vegetable shortening
1 egg
1 tsp. almond extract
1 tsp. vanilla
Red food coloring

Preheat oven to 350°. Mix dry ingredients and cut in shortening. Add egg, almond extract and vanilla and blend. Form a ball from a piece of dough the size of a quarter. Press the dough into a circle the size of a half dollar. Top each cookie with a dot of food coloring for good luck or whole or slivered almonds. Don't overhandle. Place on a greased cookie sheet ½" apart and bake for 12 minutes. Makes 5 to 6 dozen.

Patricia Kowal
Aiea, HI

FARM COOKIES

1 C. brown sugar	1 tsp. baking powder
1 C. white sugar	2 C. dry oatmeal
1 C. butter	2 C. cornflakes
2 beaten eggs	1 C. coconut
2 C. flour	1 C. nutmeats (chopped fine)
1 tsp. salt	1 tsp. vanilla
1 tsp. soda	

Cream sugar, butter and eggs. Sift flour, salt, baking soda and baking powder together. Add to creamed ingredients. Add oatmeal, nutmeats, vanilla and cornflakes. Roll in flat balls. Press down on greased cookie sheets. Bake 8 minutes in 425° oven. Makes 4 dozen large cookies. To vary, add red and green maraschino cherries on top of cookie.

Sr. Theresella Underberg, S.Sp.S.
Techny, IL

FORGOTTEN COOKIES

2 egg whites	1 C. chocolate chips
$\frac{2}{3}$ C. sugar	1 tsp. vanilla
1 C. chopped nuts (I like black walnuts best)	

Preheat oven to 350°. Beat egg whites (room temperature) until stiff (soft peaks). Add sugar slowly. Then beat at fast speed until stiff peaks. Fold in pecans or walnuts, chips and vanilla. Drop by teaspoonfuls on ungreased (Teflon) cookie sheet. Put cookies into oven. TURN OFF heat. Let stand overnight. DO NOT PEEK. Take out of oven in the morning. Excellent.

Mrs. Marie W. Kaalberg
Nichols, IA

CRISP FRIED CAKES (SLOVENIAN) (FLANCATI OR POHANJE)

½ pt. sour cream
4 egg yolks
1 oz. brandy

2 C. flour
½ tsp. salt
Powdered sugar

Sift flour and reserve ½ cup, add eggs to remainder, also sour cream, salt, brandy. Make dough as for noodles, adding more flour if necessary. Dough should be rather soft. Knead well. Roll out very thin, cut with wheel cutter into 2x3" rectangles. Make a slit in center and twist in any way you prefer. Drop into deep, hot fat and fry only until a delicate shade of brown. Drain on paper towels and dust with powdered sugar.

JoAnn Fagan Cepon
Gurnee, IL

GOOD-EATIN' BARS

1 box graham crackers
1 C. butter

1 C. packed brown sugar
12 oz. chocolate chips
8 oz. chopped nuts

Lay out graham crackers into a 13x9" pan. Melt butter and sugar. Boil 2 minutes. Pour over crackers. Add nuts. Put into oven at 400° for 5 minutes. Sprinkle chocolate chips over crackers. Return to oven and melt chips. Spread over crackers. Cut into squares. Cool and enjoy.

Judy Sokol
Duncanville, TX

S'MORE BARS

¾ C. margarine (melted)
3 C. graham cracker
crumbs

⅓ C. sugar
1 C. chocolate chips
2 C. miniature marshmallows

Combine butter, cracker crumbs and sugar. Press ½ of the mixture firmly in a greased 9x13" pan. Sprinkle on the chocolate chips and marshmallows. Press remaining crumbs on top. Bake for 10 minutes at 375°. Press firmly with a turner. Cool before cutting.

Nancy Berning
Albertville, MN

MAGIC COOKIE BARS

- | | |
|--|----------------------------------|
| 1½ C. cornflake crumbs | ⅓ C. flaked coconut |
| 3 T. sugar | 1 C. chopped walnuts |
| ½ C. margarine or butter,
melted | 1 C. sweetened condensed
milk |
| 1 C. (6 oz.) semi-sweet
chocolate morsels | |

Mix cornflakes, sugar and margarine. Press mixture into baking pan (13x9x2"). Use back of spoon to form crust in bottom of the pan. Scatter chocolate morsels over crust. Spread coconut over morsels. Sprinkle walnuts over coconut. Pour milk evenly over walnuts. Bake at 350° for about 25 minutes or until lightly browned around edges. Cool. Cut into bars.

Sister Mary Pat LeRoy, SNJM
from SNJM Cookie Book, CA

NUT GOODIE BARS

MELT TOGETHER:

- 2-6 oz. pkgs. chocolate
chips
- 2-6 oz. pkgs. butterscotch
chips
- 1 C. peanut butter

MELT TOGETHER:

- 1 pkg. large marshmallows
- 3 T. butter

Spread half the chocolate mixture on the bottom of an 11x15" pan. Cool slightly. Then put on marshmallow mixture. Mix 1 pound Spanish peanuts with the remaining chocolate mixture and spread over the top. Keep refrigerated.

Joyce Shatek
New Hampton, IA

SOUR CREAM RAISIN BARS

1 ¼ C. quick oatmeal	1 tsp. soda
1 ¾ C. flour	1 C. margarine, melted
1 C. brown sugar	

Mix as you would for pie crust, setting aside 1 ½ cups of this. Pat remaining in a 9x13" pan and bake for 15 minutes at 350°.

MIX THE FOLLOWING:

4 egg yolks, beaten slightly	2 C. sour cream
1 C. white sugar	2 C. raisins
3 T. cornstarch	

In a saucepan, put egg yolks, sugar, cornstarch and sour cream, stir well and bring to a boil, stirring constantly. Cook for 5 minutes or until thick. Add raisins and pour over crust. Sprinkle remaining crumbs on top. Bake another 20 minutes.

Betsy Vetsch
Albertville, MN

RAISIN-DATE BARS

FILLING:

1 ½ C. raisins	¼ C. sugar
1 ½ C. cut-up dates	1 ½ C. water

Mix above ingredients in saucepan. Heat to boiling over low heat, stirring occasionally. Continue boiling, stirring occasionally until mixture thickens, about 10 minutes. Stir in ½ cup chopped nuts. Set aside.

½ C. margarine	1 tsp. salt
¼ C. shortening	½ tsp. baking soda
1 C. brown sugar	1 C. quick-cooking oats
1 ½ C. flour	

Heat oven to 400°. Grease 13x9x2" pan. Mix margarine, shortening and brown sugar. Stir in flour, salt, baking soda and oats. Press ½ of the mixture in pan. Spread filling over top and sprinkle with remaining crumbling mixture, pressing lightly. Bake until light brown, about 25 to 30 minutes. Cut while warm.

Cheryl Niewoehner
Sumner, IA

FUDGE BARS

1/3 C. shortening	2/3 C. flour
2 squares unsweetened Baker's chocolate	1/2 tsp. baking powder
1 C. sugar	1/4 tsp. salt
2 eggs	1/2 tsp. vanilla

Melt shortening and chocolate. Add sugar and eggs. Add flour, baking powder, salt and vanilla. Pour into greased 8" round or square pan and bake at 350° for 20 to 25 minutes. Frost with any plain chocolate frosting and sprinkle with tiny candy cake decorations.

Mrs. Clarence St. Martin
St. Paul, MN

GRANNY SQUARES

1 yellow cake mix	1-8 oz. pkg. cream cheese
1 stick butter	2 eggs
1 egg	1 tsp. vanilla
1 C. chopped pecans	1 lb. box powdered sugar

Mix dry cake mix, butter (at room temperature), 1 egg and pecans. Press mixture into a lightly-greased 9x13" cake pan. Beat 2 eggs, combine with softened cream cheese. Add vanilla and powdered sugar. Bake at 350° until golden brown, 35 to 45 minutes.

Lois Seymour
Jackson, MS

CHOCOLATE BROWNIES

½ C. oleo	2 eggs
½ C. shortening	½ C. buttermilk
3½ T. cocoa	1 tsp. soda
1 C. water	1 tsp. vanilla
2 C. sugar	
2 C. flour	

Add oleo, shortening, cocoa and water in a small saucepan and bring to boil. Cool mixture. Combine sugar and flour. Mix and add cooled cocoa mixture. Beat in eggs. Dissolve soda in buttermilk and add to it. Stir in vanilla. Bake in jellyroll pan at 400° for 20 minutes.

CHOCOLATE FROSTING:

1½ C. sugar	Salt
6 T. butter	1 tsp. vanilla
6 T. milk	⅔ C. chocolate chips

Add sugar, butter, milk and salt in small saucepan. Over low heat, bring to boil for 1 minute. Try not to stir too much, becomes sugary. Remove from stove and beat in chocolate chips and vanilla. While mixture is still hot, pour over brownies.

Julie Wahl
New Hampton, IA

Thank God for dirty dishes, they have a tale to tell,
While others may go hungry, we're eating very well,
With home and happiness, I shouldn't fuss,
By the stack of evidence, God's very good to us.

BEST FUDGE BARS

½ C. margarine	¾ C. flour
1 C. brown sugar	½ tsp. salt
1 egg	½ tsp. soda
½ tsp. vanilla	2 C. oatmeal

Mix ingredients and pour into 9x13" greased pan. Save 1 cup for topping.

FILLING:

1-6 oz. pkg. milk chocolate chips	1 can sweetened condensed milk
1 T. butter	Dash of salt
	1 tsp. vanilla
	½ C. chopped nuts

Preheat oven to 350°. Melt chips and butter, add remaining ingredients and pour over oatmeal mixture. Top with remaining cup mixture for topping by teaspoonfuls and bake at 350° for 20 to 25 minutes.

Sharon Trewin
New Hampton, IA

LEMON SQUARES

2 sticks butter	½ C. confectioners' sugar
2 C. flour	

Mix well and pat onto a large cookie sheet. Bake 10 minutes in 350° oven. Remove and top with lemon filling.

4 eggs, well beaten	4 T. flour
2 C. sugar	½ tsp. baking powder
6 T. lemon juice	

Mix and pour on top of crust. Bake 15 to 20 minutes or till brown in 350° oven. When cool, sprinkle with confectioners' sugar and cut into squares.

May be frozen after baking.

Sylvia Mikolay, Glenview, IL
Sr. Kathleen Kane, S.Sp.S., Washington, LA

APRICOT BARS

30 graham crackers	1 C. crushed graham crackers
$\frac{3}{4}$ C. oleo	1 C. coconut
1 C. sugar	1 C. pecans
$\frac{1}{2}$ C. milk	$\frac{3}{4}$ C. dried apricots
1 egg, slightly beaten	$\frac{1}{2}$ tsp. vanilla

Line 13" pan with 15 graham crackers. In 2-quart pan, mix the oleo, sugar, milk and egg; cook mixture, stirring frequently, until slightly thick or about 5 minutes. Remove from heat and add the crushed graham crackers, coconut, pecans, apricots and vanilla. Spread over the 15 crackers and then top with the remaining 15 crackers.

GLAZE:

2 T. oleo	Juice of 2 lemons
2 C. powdered sugar	

Mix well and spread over cracker mixture.

Lucille Kunkel
Mapleton, MN

BANANA BARS

1 C. salad oil	$\frac{1}{2}$ tsp. salt
$1\frac{1}{2}$ C. sugar	$1\frac{1}{2}$ tsp. baking soda
4 eggs	$\frac{1}{2}$ tsp. baking powder
2 C. bananas	2 C. flour

Add sugar to oil, then add eggs, bananas (mashed until liquid), and sifted dry ingredients. Beat until smooth. Pour into 10x15" greased jellyroll pan. Bake at 350° for 25 to 30 minutes. When cool, frost with cream cheese frosting.

Ruth Altman
Spring Lake Park, MN

CREAM CHEESE BARS

$\frac{2}{3}$ C. margarine or butter (1 stick + 2 T.)	$\frac{1}{2}$ C. granulated sugar
$\frac{2}{3}$ C. brown sugar	2-8 oz. pkgs. cream cheese (room temperature)
2 C. flour	4 T. milk
1 C. walnuts (chopped)	1 tsp. vanilla
	2 eggs

Cream butter with brown sugar. Mix flour and nuts together and add to butter and sugar mixture on low speed. Mix until crumbly. Reserve $1\frac{1}{2}$ cups for topping. Press remaining mixture into a lightly-greased 9x13" pan. Bake at 350° for 12 to 15 minutes. Blend sugar with cheese until smooth. Add eggs, milk and vanilla. Beat well. Spread over crust and sprinkle with reserved mixture. Bake 25 minutes. Cool in refrigerator several hours. When cooled and set, cut into bars.

Mrs. Nora Nowak
Chicago, IL

FLAKY PINEAPPLE SQUARES

4 C. flour	3 C. drained, crushed pineapple (2-20 oz. cans)
1 lb. butter or margarine	1 C. sugar
1 C. sour cream	3 T. cornstarch
1 tsp. vanilla	

Cut butter into flour with pastry blender or 2 knives. Add sour cream and vanilla. Mix well. Refrigerate for 2 hours. Meanwhile, cook pineapple, sugar and cornstarch over medium heat. Be sure to stir the mixture constantly, until thick and clear. Preheat oven to 325°. Roll out $\frac{1}{2}$ of the dough and place in the bottom of an ungreased jellyroll pan. Add cooled filling and spread over dough. Cover with remaining rolled-out dough. Bake at 325° for 55 minutes or until squares are golden brown. Sprinkle with confectioners' sugar or use a sugar and milk glaze. Cut into 70 squares and refrigerate if not used within a short time. (You can also use any flavor pie filling, but do not cook.)

Rosalie Stumm
Clio, MI

GERMAN CHOCOLATE CARAMEL BARS

1 pkg. caramels 1/3 C. milk

Melt the caramels, stirring in the milk.

1 pkg. German chocolate 3/4 C. butter, melted
cake mix 1 C. nuts
1/3 C. evaporated milk

Mix above 4 ingredients together and press 1/2 of the mixture into a 9x13" pan. Bake for 6 minutes at 350°. Sprinkle on 1-6 ounce package of chocolate chips. Drop the caramel mixture by tablespoon on the top. Pour the rest of the cake mixture over the caramel. Bake again for 15 minutes.

Diane Sabal, Buffalo Grove, IL
Teresa Tentis, Elgin, MN

CRISPY DATE BARS

1 C. Pillsbury's Best
all-purpose or unbleached
flour
1/2 C. firmly packed brown
sugar
1/2 C. margarine or butter,
softened
2 C. Kellogg's Rice Krispies
cereal
1 C. chopped nuts
1 tsp. vanilla

FILLING:
1 C. chopped dates
1/2 C. sugar
1/2 C. margarine or butter
1 egg, well beaten
FROSTING:
2 C. powdered sugar
2 to 3 tsp. milk, if desired
1/2 tsp. vanilla
3 oz. pkg. cream cheese,
softened

Heat oven to 375° F. (Lightly spoon flour into measuring cup; level off.) Combine first 3 ingredients, mix until crumbly. Press into ungreased 11x7" or 9" square pan. Bake at 375° F. for 10 to 12 minutes or until golden brown. In medium saucepan, combine dates, sugar and margarine. Cook over medium heat until mixture boils, stirring constantly; simmer 3 minutes. Blend about 1/4 cup hot mixture into beaten egg; return egg mixture to saucepan. Cook just until mixture bubbles, stirring constantly. Remove from heat; stir in cereal, nuts and vanilla. Spread over baked crust; cook completely. Combine frosting ingredients; beat at low speed until smooth. Spread over filling. Makes 2 dozen bars. Refrigerate leftovers.

Mrs. Frank (Josephine) Piktel
North Chicago, IL

DATE BARS

3 eggs	3 tsp. baking powder
1 C. sugar	*1 pkg. dates
1 C. flour	*1 C. nuts
Pinch of salt	1 tsp. vanilla

Beat eggs until light. Add all of the other ingredients in order. Bake in lightly-greased and floured 9x13" pan for 20 minutes at 350°. Roll in powdered sugar when cool.

*Dates and nuts are chopped.

Pauline Post
Waukegan, IL

APPLE BARS

2 C. all-purpose flour	4 medium apples, pared, cored and sliced (4 C.)
½ C. sugar	¾ C. sugar
½ tsp. baking powder	¼ C. all-purpose flour
½ tsp. salt	1 tsp. ground cinnamon
1 C. butter or margarine	1 slightly-beaten egg white
2 beaten egg yolks	

Combine the 2 cups of flour, ½ cup sugar, baking powder and salt; cut in butter or margarine till crumbs are the size of small peas. Stir in egg yolks. Divide mixture in half. Press ½ over bottom of 15x10x1" baking pan. Combine apples, the remaining sugar, flour and cinnamon; arrange over bottom crust. Crumble remaining dough over apples. Brush egg white over all. Bake in 350° oven for 40 minutes. Cool. Drizzle with thin powdered sugar icing, if desired. Cut in bars. Makes 4 dozen bars.

The cookies can also be baked in a 13x9x3" baking pan for 40 to 45 minutes.

Dorothy Lazan
Girard, PA

MAVIS' APPLE BARS

2½ C. flour
2 T. sugar

1 tsp. salt
1 C. shortening

Mix as for pie crust. Beat together 2 egg yolks and ⅔ cup milk. Add to flour mixture. Divide dough in half, roll and fit in jellyroll pan. Sprinkle dough with 6 handfuls of cornflakes, crushed. Top with 8 sliced apples mixed with 1 cup sugar and 1 teaspoon cinnamon. Cover with other half of dough. Beat egg whites stiff and brush on top of dough. Bake 1 hour in 375° oven. Cool. Drizzle with powdered sugar glaze made up of 1 cup powdered sugar, water and vanilla.

Mavis Landsverk
Wadsworth, IL

DANISH APPLE BARS

2½ C. sifted all-purpose
flour
1 tsp. salt
1 C. margarine
1 egg white and enough
skim milk to yield ⅔ C.

1 C. cornflakes
8 C. (8 to 10) pared and sliced
tart apples
¾ to 1 C. sugar
1 tsp. ground cinnamon
1 egg white

Combine flour and salt, cut in margarine. Add egg white to milk and mix well. Stir into flour mixture on floured surface. Roll half the dough to a 17x12" rectangle. Fit dough in bottom and up sides of 15½x10½x1" jellyroll pan. Sprinkle with cornflakes. Top with apples. Combine sugar and cinnamon. Sprinkle over apples. Roll remaining dough to 15½x10½" rectangle. Place over apples, seal edges and cut slits in top. Beat remaining egg white until frothy, brush over top crust. Bake at 375° F. for 50 minutes. Cool on rack. Frost while still warm.

FROSTING: Combine 1 cup sifted powdered sugar and ¾ tablespoons skim milk. Drizzle over warm bars. Cut when cool.

Rose Kuhl
Wilmont, MN

PUMPKIN BARS

2 C. sugar	2 tsp. baking powder
1 C. salad oil	1 tsp. cinnamon
4 eggs	1 tsp. soda
2 C. pumpkin (1 can)	1 tsp. vanilla
2 C. flour	

Pour onto large cookie sheet with sides. Bake at 350° for 25 to 30 minutes.

FROSTING:

1 small pkg. cream cheese	3 C. powdered sugar
$\frac{3}{4}$ stick margarine	$\frac{1}{4}$ C. ground nuts
1 tsp. vanilla	2 T. milk

Mix together and spread when bars are cool.

Lisa Heller, Sumner, IA
Phyllis Kunzman, Nashua, IA

PUMPKIN SQUARES

1 C. oil	1 tsp. ginger
2 C. sugar	1 tsp. vanilla
4 eggs	1 C. raisins
2 C. flour	1 C. chopped nuts
1-16 oz. can pumpkin	
$\frac{1}{2}$ tsp. salt	

Blend oil, sugar and eggs together. Add pumpkin and vanilla. Add dry ingredients, then raisins and nuts. Pour onto sheet cake pan and bake 25 minutes in 350° oven.

Jo Hart
Lake Villa, IL

DOUBLE CHOCOLATE CRUMBLE BARS

1/2 C. oleo	2 T. cocoa
3/4 C. sugar	1/4 tsp. baking powder
2 eggs	1/4 tsp. salt
1 tsp. vanilla	3/4 C. flour

Cream oleo and sugar, add eggs and vanilla. Stir in cocoa, baking powder and salt. Spread in greased 13x9" pan. Bake at 350° for 15 to 20 minutes. Sprinkle 2 cups tiny marshmallows on top and bake for 3 minutes. Cool. In small pan, melt 6 ounce package chocolate chips and 1 cup peanut butter, remove and add 1 1/2 cups Rice Krispies. Spread on top of cooled bars.

Delores Richter
New Hampton, IA

HERSHEY CHOCOLATE BROWNIES

3 C. margarine	FROSTING:
3 C. sugar	1 1/2 C. chocolate chips
12 eggs	4 1/2 C. sugar
3 tsp. vanilla	18 T. margarine
1 1/2 tsp. baking powder	18 T. milk
3 C. flour	
48 oz. can Hershey's syrup	
Pinch of salt	

Cream sugar and margarine; add eggs, syrup, salt, flour and vanilla. Add rest of ingredients. Mix well together. Put in well-greased pan. Bake at 350° for 25 minutes.

FROSTING: Combine butter, milk and sugar. Boil for 30 seconds. Add chips and frost.

Dawn Duneman
New Hampton, IA

BROWNIES

¼ C. oleo	1 C. flour
1 C. sugar	1 can Hershey's chocolate
4 eggs	syrup
	Nuts

Bake in 13x9" greased pan for 30 to 35 minutes at 350° F.

FROSTING:

6 T. oleo	1 C. sugar
6 T. milk	½ C. chocolate chips

Boil oleo, milk and sugar for 1 minute. Add the chocolate chips. Beat with a spoon until thick.

Linda Watson, Lawler, IA
Catherine Schwickerath, New Hampton, IA

NEVER FAIL BROWNIES

4 eggs	1½ C. flour
2 C. sugar	½ C. cocoa
½ C. oil	1 C. chopped nuts
½ C. milk	

Beat eggs well. Add remaining ingredients except nuts. Mix well. Add nuts and stir. Pour into greased 15x10" pan. Bake 15 to 20 minutes in 350° oven. Do not overbake. Frost while warm with fudge frosting.

Mary Underberg Thuente
Canon City, CO

PAT'S CHOCOLATE BROWNIES

3 large T. cocoa	1 C. melted butter
4 large T. Nestle's Quik	

Mix until smooth. Beat 4 eggs and stir in 2 cups sugar. Add 2 cups flour. Add 2 cups nuts, optional. Spread in baking sheet. Bake at 350° for 20 to 25 minutes.

Pat Arnold
Elma, IA

DIANE'S BROWNIES

1 stick oleo	½ C. oil
1 C. water	3 to 5 T. cocoa

Bring these ingredients to a boil and set aside for later.

MIX:

2 C. flour	½ C. milk
2 C. sugar	1 tsp. baking soda
2 eggs	1 tsp. vinegar

Add hot mixture and beat till smooth. Bake at 375° for 20 minutes.

FROSTING:

1 stick oleo	5 T. cocoa
6 T. milk	

Bring to boil. Add 2 pounds of powdered sugar and mix smooth. Frost brownies while warm.

Karla Brannon
New Hampton, IA

GERI'S BROWNIES

1 C. cake flour	½ C. butter or margarine
½ tsp. baking powder	1 C. sugar
¼ tsp. salt	2 eggs, beaten
2 squares unsweetened chocolate	1 tsp. vanilla
	½ to ¾ C. chopped nuts

Sift together flour, baking powder and salt. Melt chocolate and butter. Combine sugar, eggs and vanilla in bowl. Cream for 1½ minutes. Stop, add cooled chocolate and flour mixture. Blend for 1 minute. Add nuts, if desired. Turn into greased 9x9x2" pan. Bake for 25 minutes in 350° oven. Cool in pan. Frost, if desired. Cut into squares. Makes about 2 dozen brownies.

Geri Spreda
Ploner, WI

FRENCH CREME MINT BROWNIES

CRUST:

1 C. sugar
½ C. butter, softened
4 eggs
1-16 oz. can Hershey's
syrup
1 C. flour
½ tsp. baking powder

FILLING:

½ C. butter, softened
2 C. confectioners' sugar
2 T. milk
1 tsp. peppermint extract
2 or 3 drops green food
coloring

FROSTING:

½ C. butter
1-6 oz. pkg. semi-sweet
chocolate chips

CRUST: Cream sugar and butter. Blend in eggs, chocolate syrup, flour and baking powder. Put into greased 15x10x1" jellyroll pan. Bake 20 minutes at 350°. Chill in refrigerator.

FILLING: Cream butter and confectioners' sugar. Blend in milk, peppermint extract and food coloring. Spread evenly over crust. Refrigerate until firm.

FROSTING: Melt butter and chocolate chips over low heat, stirring constantly. Pour evenly over filling. Can sprinkle frosting with decorations before chilling. Chill slightly; cut into squares. Return to refrigerator until hard. These bars freeze well.

Helen Roths
New Hampton, IA

CHOCOLATE CHERRY BARS

BARs:

1 pkg. devil's food cake mix
21 oz. can cherry pie filling
1 tsp. almond extract
2 eggs, beaten

FROSTING:

1 C. sugar
5 T. margarine or butter
⅓ C. milk
1 C. semi-sweet chocolate
chips

Heat oven to 350°. Grease and flour 15x10" jellyroll pan or 13x9" pan. In large bowl, combine all bar ingredients; stir until well mixed. Pour into prepared pan. Bake 20 to 30 minutes for jellyroll pan or 25 to 30 minutes for 13x9" pan or until toothpick inserted in center comes out clean. In small saucepan, combine sugar, margarine and milk. Bring to boil, boil 1 minute, stirring constantly. Remove from heat; stir in chocolate chips until smooth. Pour over warm bars. Cool.

Pat Austin
New Hampton, IA

GRAHAM CRACKER BARS

Graham crackers, whole	1 C. chopped pecans
½ C. sugar	12 oz. butterscotch morsels
2 sticks butter	1 tsp. vanilla

Preheat oven to 350°. Place crackers, whole, in jellyroll pan. Melt butter and sugar in saucepan; bring to boil (about 2 minutes). Add vanilla. Pour the mixture over graham crackers and spread evenly. Then add pecans over the mixture. Bake 10 minutes. Turn off oven. Take pan out of oven and sprinkle butterscotch morsels over the top. Place back in oven for 5 or 6 minutes; morsels will be soft. Remove pan from oven again and spread evenly. If desired, you may add more nuts to cover the top. Cut in pieces while warm. Then let cool. You may substitute butterscotch with chocolate chips or peanut butter chips.

Agnes Vukovich
Waukegan, IL

TAILGATE BARS

2 C. honey Wheat Chex or Rice Krispies	1 C. M & M's
2 C. pretzel sticks, broken in half or may use chow mein noodles	1 C. peanuts, dry roasted
	½ C. raisins
	½ C. coconut

Mix. Melt ½ stick oleo and big bag marshmallows (1 pound). Pour over mix. Put in jellyroll pan sprayed with Pam.

Lisa Reicks
New Hampton, IA

Every story has three sides - yours, mine and the facts.

CHOCOLATE-TOFFEE SQUARES

1 C. butter	¼ tsp. salt
1 C. brown sugar	2 C. flour
1 egg	1-6 oz. pkg. chocolate chips
1 tsp. vanilla	¾ C. chopped nuts

Cream butter and sugar; add egg, vanilla and salt. Beat until well blended. Beat in flour just until combined. Turn into a greased 13x9" pan and spread evenly. Bake at 350° for 25 minutes. Remove from oven and immediately sprinkle with chocolate chips. Let stand until chocolate is soft; spread evenly over top. Sprinkle with nuts. Cut in squares while warm. Makes 3 dozen bars.

Rosalie Stumm
Clio, MI

PASTILLAS DE LECHE (PHILIPPINE)

1 can condensed milk	Powdered sugar
2 egg yolks	

Cook the condensed milk in double boiler. When it is thick enough to stir, add the egg yolks and continue cooking until done. Put in a buttered platter and form into balls. Roll in sugar, wrap in cellophane paper.

C. B. Acosta
Waukegan, IL

EASTER EGG CENTER

¼ lb. butter, melted	2 pkgs. vanilla pudding
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Add pudding to butter and stir until blended. Then add ½ cup milk and stir well. Cook above over low heat, stirring constantly. Let boil 2 minutes while stirring. Remove from heat. Add 1 pound powdered sugar, 1 teaspoon vanilla and stir until smooth. Cool. Shape into eggs. Chill thoroughly. Coat with chocolate.

Variations for above recipe:

Butterscotch - butterscotch pudding, substitute 1 teaspoon maple flavoring and ½ cup chopped nuts.

Cherry - 1 teaspoon almond flavoring, substitute ½ cup well-drained diced cherries.

Chocolate Nut - chocolate pudding, substitute ½ cup chopped pecans.

Mae Cromartie
North Chicago, IL

EASTER EGG FILLING (BONBONS)

PEANUT BUTTER:

1 lb. box confectioners' sugar	½ tsp. vanilla
1 stick margarine or butter	1 C. peanut butter (crunchy or smooth)

Mix well. Shape into an egg shape. Place on wax paper. Melt 1 large bag chocolate chip pieces and ¼ cake of paraffin in a double boiler. Dip or pour melted chocolate over eggs. Place back on wax paper until set. Then decorate.

COCONUT:

½ lb. oleo	1 can Eagle Brand sweetened condensed milk
1 large pkg. (14 oz.) coconut (flaked)	1 tsp. vanilla
2 lbs. confectioners' sugar	

Mix well. Shape into egg shape. Place on wax paper. Set in freezer until hard. Melt a large package of chocolate chips and ½ bar paraffin over a double boiler. Dip into chocolate and place on tray to set.

CARAMELS:

1 C. melted butter	Dash of salt
1 lb. brown sugar	

Place in a 3-quart pan. Stir over heat until slightly melted. Stir 1 cup light Karo syrup, 1 teaspoon lecithin and 1 can Eagle Brand milk. Cook to 245°, check temperature often. Stir in 1 teaspoon vanilla. Pour into cookie sheet and score to make chocolate covered caramels. For turtles, drop by teaspoonfuls on a little chocolate and pecans. Caramel can be frozen and reheated.

Mae Cromartie
North Chicago, IL

FUDGE

COMBINE IN SAUCEPAN:

1-5 to 10 oz. jar	$\frac{2}{3}$ C. evaporated milk
marshmallow creme	$\frac{1}{4}$ C. butter or margarine
$1\frac{1}{2}$ C. sugar	$\frac{1}{4}$ tsp. salt

Bring to **full boil**, stirring constantly over moderate heat. Boil 5 minutes over moderate heat, stirring constantly. Remove from heat. Add 12 ounce package (2 cups) Nestle's semi-sweet real chocolate morsels. Stir until morsels are melted and mixture is smooth. Stir in $\frac{1}{2}$ cup chopped nuts and 1 teaspoon vanilla extract. Pour into greased 8" square pan. Chill until firm (about 2 hours). Makes about $2\frac{1}{4}$ pounds.

Mary Anne Hannas
Waukegan, IL

SPECIAL FUDGE

$4\frac{1}{2}$ C. sugar	3 pkgs. chocolate chips (18 oz.)
1 large can Pet condensed milk	1 jar marshmallow or marshmallow fluff
6 T. butter	1 C. nuts, chopped

Combine sugar, butter and milk. Bring to a **rolling** boil. (Stir occasionally from the start so as to prevent sticking.) After mixture comes to a rolling boil, boil exactly 6 minutes. In a large bowl, combine chocolate bits, marshmallow and nuts. Pour boiling mixture over bits, etc., and stir until all is dissolved. Pour into a buttered 9x13" pan.

Ethel Perrine
Highland Ranch, CO

FUDGE NOUGATS

2 C. sugar	$\frac{3}{4}$ C. all-purpose flour
$\frac{1}{2}$ C. margarine	1 C. finely crushed graham crackers
1 C. evaporated milk	$\frac{3}{4}$ C. chopped nuts
1 C. semi-sweet chocolate morsels	1 tsp. vanilla

Combine sugar, margarine and milk and bring to a full boil, stirring constantly. Boil 10 minutes, stirring occasionally. Stir in remaining ingredients, spread in a well-buttered pan, top with nut halves.

Kate King
Vicksburg, MS

BECK'S EASY FUDGE

$\frac{2}{3}$ C. (small can) evaporated milk	$1\frac{2}{3}$ C. sugar $\frac{1}{2}$ tsp. salt
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Mix in saucepan over medium heat. Heat to boiling, then cook 5 minutes, stirring constantly. Remove from heat.

ADD:

$1\frac{1}{2}$ C. miniature marshmallows (or large diced ones)	$1\frac{1}{2}$ C. semi-sweet chocolate pieces 1 tsp. vanilla $\frac{1}{2}$ C. chopped nuts, if desired
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Stir until marshmallows melt. Pour into buttered 8" square pan. Cool, cut into $1\frac{1}{2}$ " squares.

Sister Helen Marie Beck, S.N.D. de Namur
Cincinnati, OH

CHOCOLATE TURTLES

- | | |
|----------------------|-------------------------|
| 2 C. chocolate chips | 1/3 C. margarine |
| 2 T. shortening | 2 T. milk |
| 14 oz. caramels | 1 C. whole pecan halves |

Microwave chips and shortening in 2-quart bowl for 2 to 3 minutes at medium-high (70%). Pour only 1/2 of melted chocolate into foil-lined 8" pan. Refrigerate 15 minutes. Microwave caramels, margarine and milk in 1-quart bowl for 4 to 5 minutes at medium-high (70%). Stir in pecans. Pour over refrigerated chocolate. Reheat remaining chocolate mixture for 1 minute at medium-high (70%). Spread chocolate over caramel layer. Refrigerate for 1 to 1 1/2 hours. Invert pan. Peel foil. Cut into 1" squares.

Mrs. William Bowes, Sr.
Omaha, NE

CARAMEL MARSHMALLOW KRISPIES

- | | |
|----------------------|---|
| 1 bag Kraft caramels | 1 stick oleo or butter |
| 1 box Rice Krispies | 1/2 C. Eagle Brand sweetened condensed milk |
| | 1 bag large marshmallows |

Melt in double boiler the caramels, oleo and milk. Roll each marshmallow in melted mixture. Roll or press in Rice Krispies. Place on sheet of wax paper.

Lila Bjornson
Norway, MI

PEANUT BUTTER BALLS

- | | |
|---------------------------------|------------------------------|
| 1 lb. margarine (stick) | 3 tsp. vanilla |
| 2 C. smooth peanut butter | 2 squares chocolate or chips |
| 2 1/2 lbs. confectioners' sugar | |

Cream margarine and peanut butter. Add vanilla and sugar until the consistency to form into balls. Mix thoroughly, using hands. Make into balls the size of large marbles. Melt chocolate in double boiler or microwave. Dip balls in chocolate, using a toothpick. Place on waxed paper to cool. This candy freezes well.

Terrie Yester
Pittsburg, PA

PHILIPPINE PEANUT BRITTLE

1 C. chopped, roasted
peanuts

$\frac{3}{4}$ C. sugar

Over low heat, melt sugar in a copper vat or any shallow container. When melted, pour the peanuts and stir until well mixed. Pour on a greased board and spread thinly. With a rolling pin, roll into a thin sheet and cut into desired forms. Wrap in wax paper or any candy wrapper.

C. B. Acosta
Waukegan, IL

OVEN PEANUT BRITTLE

2 C. sugar
1 C. light corn syrup
 $\frac{1}{3}$ C. water

1-16 oz. pkg. salted Spanish
peanuts
1 T. butter or margarine
1 T. baking soda

Grease 2-15½x2x12" baking sheets. Keep warm. Place sugar, corn syrup and water in 3-quart casserole. Cook in radarange oven on high for 8 to 10 minutes or until soft ball stage is reached, stir occasionally. Stir in peanuts. Cook in radarange oven on roast (or slow cook) for 10 to 13 minutes or until hard crack stage is reached. Stir in butter and baking soda. Pour half of candy onto each sheet, spreading to $\frac{1}{4}$ " thickness. Cool. Break into pieces. Yields about 2 pounds.

Phyllis Kunzman
Nashua, IA

To err is human, to really foul things up requires a computer.

OLD-FASHIONED CARAMEL CANDY

½ C. butter (not oleo)
2 C. white corn syrup
2 C. sugar

2 cans Eagle Brand condensed
milk
½ C. flour
½ tsp. vanilla

In heavy saucepan, melt butter. Add corn syrup and sugar. Boil for 5 minutes over medium heat, stirring constantly. Add 1½ cans of condensed milk. To remaining milk, add ½ cup flour and mix well. Add flour and milk mixture to hot mixture, stir well. Using a candy thermometer, cook mixture to 240°, stirring constantly, add vanilla. Pour into 9x13" pan. Cool and cut with sharp buttered knife. Yields 5 dozen pieces.

Linda Fisher
New Hampton, IA

CARAMELS

1 C. butter or margarine
1 lb. (2¼ C.) brown sugar
Dash of salt

1 C. light corn syrup
1-15 oz. can sweetened
condensed milk
1 tsp. vanilla

Melt butter in heavy 3-quart saucepan. Add sugar and salt, stir thoroughly. Stir in corn syrup; mix well. Gradually add milk, stirring constantly. Cook and stir over medium heat to firm ball stage (245°) for 12 to 15 minutes. Remove from heat; stir in vanilla. Pour into buttered 9x9x2" pan. Cool and cut into squares. Makes 2½ pounds.

Pat Martin
New Hampton, IA

TOFFEE

1 lb. butter

2 C. sugar

Cook on high heat to 290° (hard crack), stirring constantly. Pour into large, buttered pan. Lay 8 plain Hershey bars on top. Spread as they melt. Sprinkle crushed nuts on immediately. When cool, break into small pieces.

Sister Joan Marie Wendl, F.S.P.A.
LaCrosse, WI

OLD-FASHIONED SPONGE CANDY

1 C. sugar	1 C. dark corn syrup
1 T. white vinegar	1 T. baking soda

Combine sugar, syrup and vinegar in large (4-quart) saucepan. Cook, stirring constantly, until sugar dissolves. Cover pan for 1 minute to allow steam to wash sugar crystals down (or wipe crystals down with damp cloth). Uncover pan, insert candy thermometer, cook without stirring until thermometer reaches 300° (important), watch closely. Remove from heat, stir in baking soda. Pour into buttered 9x9x2" pan (Pam is okay). Not necessary to spread. Cool on wire rack. Break into pieces. Dip in chocolate (about 1 pound). Keep out of draft while cooling.

Cathy Zapolski
Erie, PA

PLANTATION SWEETMEATS

1 egg white	1 C. sugar
1 T. water	1 tsp. cinnamon
1 lb. pecan halves	1 tsp. salt

Beat the egg white with the water until stiff. Add the pecans gradually, coating them with the egg white and mixing them until they no longer clump together. Mix the sugar, cinnamon and salt together in a separate bowl. Then toss the mixture with the coated pecan halves until well mixed. Spread the nuts out on 2 BUTTERED cookie sheets and bake 1 hour at 250°, stirring once or twice. Yields 1 pound of candied pecans.

Mrs. Eugene L. Zibrat
Greenbelt, MD

MARZIPAN

1 lb. sugar	5 drops almond oil
½ lb. potatoes	

Cook potatoes, unpeeled and without salt. Then peel and crush into very small pieces. Bring to a boil the sugar, potatoes, almond oil, stirring steadily for 7 minutes. Next, let the dough cool off until you are able to form it into small balls.

Sr. Wilmada Ingenhorst, S.Sp.S.
Techny, IL

BRANDY BALLS

13½ oz. pkg. graham
crackers (crumbled)
1 C. powdered sugar
¼ C. cocoa

8 oz. finely chopped walnuts
½ C. corn syrup
⅓ C. orange liqueur (may
substitute Tang)
⅓ C. brandy

Blend by hand until pasty; then pinch off pieces to shape ¾" balls.
Place in container and chill overnight. Makes 6 dozen.

Sr. Kathleen Kane, S.Sp.S.
Washington, LA

RUM BALLS

½ lb. vanilla wafers
1 C. powdered sugar
2 T. cocoa

1 C. pecans, chopped
½ C. light corn syrup
¼ C. rum

Grind or roll wafers very fine. Mix dry ingredients. add nuts, syrup and rum. Stir until stiff. Roll into balls the size of a walnut. Coat hands with powdered sugar when shaping balls. Let stand for an hour to partially dry out. Roll in powdered sugar. Store in a tin or cookie jar. They will keep for several weeks.

Variation: Use whiskey in place of rum for whiskey balls.

Mary L. Garside, Winthrop Harbor, IL
Sr. Kathleen Kane, S.Sp.S., Washington, LA

Seconds count, especially when dieting.

Notes

MISCELLANEOUS



PIZZA SAUCE

1-16 oz. can tomato sauce	½ tsp. basil
1 tsp. garlic salt	1 T. salad oil
½ tsp. sugar	4 drops Tabasco sauce
1/8 tsp. pepper	(any hot pepper sauce)
¾ tsp. oregano	

Combine all ingredients and allow to stand for 1 hour. Makes sauce for 2 large pizzas.

This may be made and refrigerated. Use less hot pepper sauce if sauce is to be stored for a long period of time.

Bea Bodensteiner
Fredericksburg, IA

SWEET AND SOUR SAUCE

Prepared chili sauce	Grape jelly
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Simply mix **equal** amounts of chili sauce and jelly. Heat on stove top or in microwave until bubbly. Stir until smooth. Serve as a dip for egg rolls or any oriental dish that requires sweet and sour sauce. So simple, yet delicious!

Gina (Lubek) Rollman
Newburgh, IN

CHILI SAUCE

22 ripe tomatoes	2 T. salt
4 onions, chopped	1½ C. sugar
2 green peppers, chopped	3 C. vinegar

Chop all together. Boil at medium heat for 2 hours, stirring well. Bottle while hot.

Mrs. William Knoch
Naperville, IL

EILEEN'S BARBEQUE SAUCE

½ C. catsup	2 T. chopped onion
¼ C. chili sauce	1 T. lemon juice
½ C. brown sugar	1 clove garlic, crushed
½ C. vinegar	½ tsp. prepared mustard
¼ C. Worcestershire sauce	1 tsp. dark cayenne pepper

Mix and simmer over low heat until sauce begins to thicken. Unused sauce may be kept in tightly-covered container in refrigerator for several weeks.

Eileen Burke
La Grange, IL

BAR-B-QUE SAUCE

2 C. ketchup	Several drops of liquid smoke
2 C. cola or diet cola	Garlic powder to taste
(generic works as well as	Salt & pepper to taste
name brands)	Onion, chopped fine

Mix together all of the ingredients and pour over any browned meat (hamburgers, chicken, ribs, hot dogs) and bake at 350° F. for 1 hour or put in crock pot (slow cooker) on low for 6 to 10 hours.

Mary Beth Nephew
Duluth, MN

ITALIAN MEAT SAUCE

1 C. chopped onion	3 T. brown sugar
1 lb. ground beef	1 tsp. salt
2 cloves garlic, minced	1½ tsp. dried oregano
1½ qts. canned tomatoes	¼ tsp. thyme
1-6 oz. can tomato paste	1 bay leaf
¼ C. snipped parsley	2 C. water

In Dutch oven, combine onion, meat; add garlic and cook until meat is browned and onion is tender. Skim off excess fat; add remaining ingredients. Simmer, uncovered, for 3 hours or till sauce is thick, stir occasionally. Remove bay leaf. Serve over hot spaghetti. Sprinkle with Parmesan cheese.

Loyce Horan
New Hampton, IA

ZUCCHINI SQUASH RELISH

10 C. medium to fine ground squash (zucchini)	1 tsp. dry mustard
4 C. ground onion	½ T. (slight) pepper
1 green pepper, ground	1 T. (slight) turmeric
3 T. canning salt	2 tsp. celery seed
4 to 6 C. white sugar	1 tsp. nutmeg
2¼ C. brown vinegar	1 tsp. allspice
	Dash of ginger
	1 to 1½ C. water

Combine squash, onion, pepper. Add canning salt. Cover with cold water and let stand overnight. The next morning, drain, rinse and drain again. Make syrup of white sugar, brown vinegar, mustard, pepper, turmeric, celery seed, nutmeg, allspice, ginger and water. Add to squash. Combine and cook 20 to 30 minutes until tender. Seal in jars in hot water bath.

Cheryl Niewoehner
Sumner, IA

RED RASPBERRY JAM

5 C. well-ground, drained green tomatoes	5 C. sugar
	1-6 oz. box raspberry jello

Boil tomatoes and sugar for 15 minutes. Add raspberry jello. Mix until dissolved. Put in jars and seal. May also be frozen.

Other flavors of berry jellos may be substituted.

Linda Tiemessen, New Hampton, IA
Rose Schwickerath, New Hampton, IA

RHUBARB JAM

5 C. rhubarb, ¾" pieces	1 small strawberry jello
2½ C. sugar	

Mix sugar and rhubarb in cooking pot. Let sit until sugar melts (1 hour). Cook hard for 10 minutes. Add jello and stir. Heat for 1 minute. Put in sterile jars.

Mrs. George J. Semmerling
Chicago, IL

CHRISTMAS MARMALADE

Soak 1 package of apricots overnight. Add 1 can crushed pineapple and ½ box white raisins. Cook, 1 hour, stirring occasionally. Add 2 cups sugar and red and green cherries. Cook ½ hour.

Mary Jo Brown
New Hampton, IA

CORN COB JELLY

12 bright red corn cobs, broken in pieces	1 pkg. pectin 3 C. sugar
3 C. water	Red food coloring, if needed

Bring cobs to boil in water. Cover, reduce heat and gently simmer for 30 minutes. Strain, saving water. Add additional water to make 3 cups. (Throw out cobs.) Add pectin and bring to a rolling boil. Add sugar and continue to boil for 2 to 3 minutes until the jelly stage is reached. If cobs are pale, add red food coloring. Pour into hot, sterilized jars and seal with paraffin wax.

Joan Crowley
Conneautville, PA

WATERMELON JELLY

4 C. seeded, diced watermelon	2 T. lemon juice
3½ C. sugar	½ of 6 oz. pkg. liquid pectin (1 foil pouch)

Place watermelon in blender and process until smooth. (Should have 2 cups puree.) Combine watermelon puree, sugar and lemon juice in an 8-quart kettle. Bring to a full rolling boil. Stir in pectin all at once. Return to a full rolling boil and boil for 1 minute, stirring constantly. Remove from heat. Skim off foam. Ladle into 4 clean, hot, ½-pint jars. Leave ½" head space. Wipe jar rims. Adjust lids tightly. Store in cool, dark place.

Joan Crowley
Conneautville, PA

INDIAN JALEBIS

- | | |
|-------------|------------------------|
| 1 lb. flour | 2 T. sour yogurt |
| 1 T. yeast | 1 tsp. rose water |
| 1 C. sugar | 10 drops food coloring |

Dissolve the yeast in warm water. Sift the flour and add enough water to make a thick batter. Leave for 1 hour. Make sugar-syrup and flavor with the rose water and keep it warm. Heat the vegetable oil in a frying pan and put some batter in a forcing bag. Pipe round swirls of batter into the hot fat and fry on both sides until crisp. Drain and put into syrup for 2 minutes. Remove and enjoy it.

Sr. Julitta, C.M.C.
Gary, IN

INDIAN SANCHORI

- | | |
|--|-------------------------------|
| 2 C. whole wheat flour (or
half wheat and half white) | 3 T. vegetable oil |
| | ½ tsp. salt |
| | Vegetable oil for deep frying |

FILLING:

- | | |
|------------------------------------|---------------------------------|
| 1 C. fresh or sweetened
coconut | ½ C. nuts, chopped |
| 1 C. Cream of Wheat (dry) | 2 T. sugar (add more if needed) |
| ½ C. raisins, chopped | 1 tsp. cinnamon |

Combine oil and flour and rub together. Add salt and mix. Add 1 cup water, a little at a time, until you have a firm dough. Knead 7 to 10 minutes until smooth. Form into a ball, cover with a damp cloth and set aside. Fry the Cream of Wheat until slightly brown and mix together with coconut, sugar, nuts, raisins and cinnamon and keep. Divide the dough into 25 equal balls. Flatten each ball and roll it out on a floured surface, making circles 3" in diameter. Place a tablespoon of the filling on each piece of dough. Moisten the outer edge and fold the dough over the filling and press the edges together with fork. Heat the oil and keep at medium for frying. Drop each sanchori into the fat. It will start sizzling immediately. Fry until warm brown. Remove and drain on a paper towel.

Sr. Metilda George, S.Sp.S.
Bombay, India

BEER NUTS

2 C. raw peanuts
1 C. sugar

½ C. water
Salt

Place peanuts, sugar and water in frying pan. Boil slowly, stirring continuously till water is boiled off. Peanuts will have a crystal appearance. Pour out onto slightly-buttered cookie sheet. Sprinkle with salt to taste. Place in 250° oven for 1 hour, tossing peanuts every 15 minutes. Let cool and store in airtight container.

Ruth Bernatz
New Hampton, IA

POTATO SKIN CHIPS

Peelings from 6 to 8 well-
scrubbed potatoes
2 tsp. melted butter

1 minced garlic clove
½ tsp. salt + ¼ tsp. pepper

Dry potato peels and arrange on a buttered cookie sheet. Mix rest of ingredients in a small bowl and brush over peelings. Bake at 400° to 425° for 10 to 15 minutes.

Joan Crowley
Conneautville, PA

CHEERIOS NUGGETS

1 C. packed brown sugar
½ C. margarine
¼ C. light corn syrup
½ tsp. salt

½ tsp. baking powder
6 C. Cheerios
1 C. salted peanuts
1 C. raisins

Heat oven to 250°. Grease 2-9x13" pans or 1 large cookie sheet. Heat brown sugar, margarine, corn syrup and salt in 2-quart saucepan over medium heat, stirring constantly until bubbly around edges. Cook, uncovered, stirring occasionally, 2 minutes longer. Remove from heat; stir in baking soda until foamy and light colored. Pour over cereal, peanuts and raisins in a greased 4-quart bowl. Stir until mixture is coated. Spread evenly in pan(s). Bake 15 minutes. Stir; let stand just until cool, about 10 minutes. Loosen mixture with metal spatula. Let stand until firm, about 30 minutes. Break into bite-size pieces. Makes about 10 cups of snack.

Betty Lampe
New Hampton, IA

HONEY CEREAL NIBBLES

6 C. Cheerios	½ C. packed brown sugar
2 C. peanuts	¼ C. honey
¼ C. sunflower nuts	¼ C. butter or margarine

Combine cereal, peanuts and sunflower nuts in a shallow pan. Combine sugar, honey and margarine. Stir over low heat until smooth and clear. Do not boil. Pour over cereal, tossing to coat. Bake at 275° for 45 minutes. Stir every 15 minutes. Cereal becomes crisp upon cooling and must also be stirred when removed from the oven or it will all stick in the pan. Ideal snack!

Mrs. Norbert (Isabel) Kunkel
Crosslake, MN

SNACK MIX

1 pkg. plain M & M's	1 pkg. stick pretzels
1 pkg. chow mein noodles	1 sack candy corn
3 C. Cherrios	1 jar dry roasted peanuts

Mix together in large Tupperware bowl and keep sealed.

Ann Knutson
New Hampton, IA

HARVEST POPCORN

⅓ C. butter	½ tsp. garlic salt
1 tsp. dill weed	3 qts. popped popcorn
1 tsp. lemon pepper	2 C. shoestring potatoes
1 tsp. Worcestershire sauce	1 C. mixed nuts
½ tsp. onion salt	

In a saucepan, melt butter; add and mix dill weed, lemon pepper, Worcestershire sauce, onion salt and garlic salt together. Put the popped corn in a roaster and add the shoestring potatoes and mixed nuts. Drizzle the butter mixture over the mixture in the roaster. Put in 350° oven for 8 minutes.

Betty Lampe
New Hampton, IA

POPCORN CAKE

5 qts. popped corn
½ C. butter
2 T. vegetable oil
1 lb. marshmallows

1 C. M & M's
1 C. peanuts (dry roasted)
1 C. gumdrops (optional)

Melt oil, butter, marshmallows in top of double boiler or microwave. Mix corn, nuts and gumdrops in a large bowl. Add melted marshmallows, etc. Mix and put in an angel food cake pan. Push down until tight. Remove from pan.

Betty Denner
New Hampton, IA

POPCORN BALLS

8 qts. popcorn
1 lb. gumdrops
1 C. oil

1 lb. marshmallows
½ C. butter

Melt marshmallows, butter and oil in a kettle. Put gumdrops in the popcorn. When the rest is melted, pour over popcorn. Mix well. Form into balls while it is hot.

Marie Virnig
Pierz, MN

CARAMEL PEANUT POPCORN

10 qts. popped popcorn,
salted lightly
3 C. brown sugar
3 sticks butter

¾ C. white corn syrup
1½ tsp. soda
1 pkg. Spanish peanuts

In large saucepan, mix sugar, butter and corn syrup for 5 minutes. Add baking soda, stirring over popcorn as it bubbles up. Pour over popcorn, mixing well. Add peanuts and spread on cookie sheets and bake 1 hour in 200° oven. Stir every 15 minutes.

Mary Bebeau
Albertville, MN

RITA'S CARAMEL CORN

7 qts. popped corn	1 tsp. salt
2 C. brown sugar	1 tsp. vanilla
½ C. light corn syrup	½ tsp. soda
1 C. butter or margarine	

Place freshly popped, unsalted corn in big container. In a 2-quart saucepan, melt butter or margarine; mix in brown sugar and syrup. Boil 5 minutes, stirring constantly; take off the heat. Add vanilla, salt and soda; mix and pour over corn; stirring to cover corn as much as possible, put on buttered cookie sheets. Bake in 200° oven for 1 hour, 'stirring' every 15 minutes. (Be sure to work with corn as it cools and hardens, so you won't have clumps.)

Rita Buchek
Crystal, MN

MICROWAVE CARAMEL CORN

1 C. brown sugar	½ tsp. salt
1 stick margarine	½ tsp. baking soda
¼ C. white corn syrup	3 to 4 qts. popped popcorn

Combine all ingredients except soda and popcorn in 1½- to 2-quart dish. Bring to a boil, then cook on full power for 2 minutes. Remove from microwave and stir in soda. Put popped corn in brown grocery bag. Pour syrup over corn. Close bag and shake. Cook in bag on high in microwave for 1½ minutes. Shake and cook another 1½ minutes (may need another 1½ minutes). Pour into pan and allow to cool.

Lisa Heller, Sumner, IA
Betty Denner, New Hampton, IA
Lillian Jilk, Kenosha, WI

HOMEMADE PRETZELS

1 cake yeast	1 T. sugar
1½ C. warm water	4 C. flour
1 tsp. salt	1 egg, beaten
Coarse salt	

Dissolve yeast in water. Add salt and sugar. Blend in flour. Knead until smooth. Shape into pretzels and place in lightly-greased cookie sheet. Brush with 1 beaten egg and sprinkle with coarse salt. Bake at 425° for 12 to 15 minutes.

Joan Crowley
Conneautville, PA

GARLIC PICKLES

Pick fresh cucumbers. Wash and set in ice water. Sterilize jars. Mix the following in a large kettle:

1 C. salt	1 qt. vinegar (white)
½ C. sugar (white)	3 qts. water

Stir and bring to a boil. Drain cucumbers well. Pack into hot jars with some fresh dill and some pieces of fresh garlic, cut up. Put 1 teaspoon of powdered alum on top of pickles and pour over the hot syrup and seal. Set the jars into some hot water for a while so they seal.

Janet Berning
Albertville, MN

CZECH SMORUM

4 eggs, beaten	½ C. flour
¾ C. milk	

Beat together, add a little salt and pour into a hot, greased skillet. Fry till underside is getting brown. Turn over and chop up the egg mixture. Continue browning till mixture is a nice golden brown. Serve hot with syrup or jelly for a delicious breakfast.

Joanne Hurd
New Hampton, IA

STOVE TOP POTPOURRI

6-3" cinnamon sticks
1 whole nutmeg

¼ C. whole cloves
2 T. whole allspice

Place spices in a saucepan with enough water to cover the spices. Simmer over low heat, adding water as needed to keep spices covered. Store in covered container in the refrigerator and reuse many times.

Kay Welper
New Hampton, IA

HOT MUSTARD

4 oz. Coleman mustard
1 C. vinegar

2 eggs
¼ tsp. salt

Stir mustard in vinegar. Store in covered jar overnight. Beat eggs, salt and sugar together. Mix in vinegar and mustard mixture and cook in double boiler until it is thick, 10 to 15 minutes. Store in a covered jar and refrigerate.

Jo Hart
Lake Villa, IL

BREAD AND BUTTER PICKLES

2 qts. sliced cucumbers,
small (not peeled)

1 qt. small onions

Soak the above ingredients in mild salt water for 4 hours, then mix:

1 pt. vinegar (cider)
1 tsp. ginger
1 tsp. ground cinnamon
3 C. sugar
1 tsp. salt

1 tsp. celery seed
1 T. tumeric
1 tsp. mustard seed
½ tsp. ground black pepper

Drain the cucumbers and onions and wash off with cold water. Mix all ingredients together and boil for 5 minutes, then seal in sterilized jars.

Esther Wagner
Waukegan, IL

SPICED BEETS

1 C. sugar	1 onion, sliced thin
1 C. water	8 medium beets, cooked,
1 C. vinegar	peeled & sliced
½ tsp. allspice	
½ tsp. cinnamon	
½ tsp. cloves	

Cook sugar, water, vinegar and spices to boiling. Add onions and beets. Cook again to boiling. Cool. Store in refrigerator overnight. Canned beets may be used, using beet juice. Makes about 1 quart.

Eleanor Dunn
Mountainhome, AR

JELLY MAKING TRICK

Here is a secret for you jelly-lovers! Try this...

Put a little whiskey directly on top of the fresh, cold jelly. See that the entire top is covered. Then screw the top and serve your delicious homemade jelly. No more paraffin mess!

Sister Agathilda Fahrland, S.Sp.S.
Waukegan, IL

NAVY FLAPJACKS

120 lbs. flour	2½ lbs. shortening
10 doz. eggs	10 lbs. evaporated milk
10 lbs. sugar	70 qts. water
7½ lbs. baking powder	2½ lbs. salt
19 gals. syrup	

Combine ingredients in large pot or bathtub. Mix with canoe paddle or trolling motor. Pour batter on hot griddle from pitcher. Turn when bubbly on top. Promptly refrigerate unused portion. Serve with syrup. Serves 1200.

Kirby Fosse
Nashua, IA

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- II. Stain-Removal From Washables
- III. Carpets and Floors
- IV. Windows
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I. THE KITCHEN

GENERAL

Salt

1. If stew is too salty, add raw cut potatoes and discard once they have cooked and absorbed the salt. Another remedy is to add a teaspoon each of cider vinegar and sugar. Or, simply add sugar.
2. If soup or stew is too sweet, add salt. For a main dish or vegetable, add a teaspoon of cider vinegar.

Gravy

3. For pale gravy, color with a few drops of Kitchen Bouquet. Or to avoid the problem in the first place, brown the flour well before adding the liquid. This also helps prevent lumpy gravy.
4. To make gravy smooth, keep a jar with a mixture of equal parts of flour and cornstarch. Put 3 or 4 tablespoons of this mixture in another jar and add some water. Shake, and in a few minutes you will have a smooth paste for gravy.
5. To remedy greasy gravy, add a small amount of baking soda.
6. For quick thickener for gravies, add some instant potatoes to your gravy and it will thicken beautifully.

Vegetables

7. If fresh vegetables are wilted or blemished, pick off the brown edges. Sprinkle with cool water, wrap in towel and refrigerate for an hour or so.
8. Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.
9. Lettuce and celery will crisp up fast if you place it in a pan of cold water and add a few sliced potatoes.
10. If vegetables are overdone, put the pot in a pan of cold water. Let it stand from 15 minutes to ½ hour without scraping pan.

11. By lining the crisper section of your refrigerator with newspaper and wrapping vegetables with it, moisture will be absorbed and your vegetables will stay fresher longer.

12. Store leftover corn, peas, green beans, carrots, celery, potatoes and onions in a container in the freezer. Add to other ingredients when making stew.

13. To keep the flavor in the vegetables, add a small amount of sugar to the water after cooking carrots, peas, beets, and corn.

14. Onions, broccoli and Brussels sprouts will cook faster if you make an X-shaped cut at the base of the vegetable.

Eggs

15. If you shake the egg and you hear a rattle, you can be sure it's stale. A really fresh egg will float and a stale one will sink.

16. If you are making deviled eggs and want to slice it perfectly, dip the knife in water first. The slice will be smooth with no yolk sticking to the knife.

17. The white of an egg is easiest to beat when it's at room temperature. So leave it out of the refrigerator about a half an hour before using it.

18. To make light and fluffy scrambled eggs, add a little water while beating the eggs.

19. Add vinegar to the water while boiling eggs. Vinegar helps to seal the egg, since it acts on the calcium in the shell.

20. **STORING EGGS:** 1. Place your eggs in those tight-sealing egg containers and they will last longer in the refrigerator. You really shouldn't keep eggs longer than 11 days. 2. Cover them with oil on the top in a sealed container in the refrigerator. 3. For long term storage: If there's a special on eggs at your local supermarket, you can take advantage of it. Just

crack all the eggs open and put them in the freezer unit. To use one egg at a time, put single eggs in the ice tray. When frozen, put the egg cubes in a sealed plastic bag. You can take out the cubes one at a time for daily use. If you use eggs in twos or threes, freeze them that way in a plastic sack.

21. To make quick-diced eggs, take your potato masher and go to work on a boiled egg.

22. If you wrap each egg in aluminum foil before boiling it, the shell won't crack when it's boiling.

23. To make those eggs go further when making scrambled eggs for a crowd, add a pinch of baking powder and 2 teaspoons of water per egg.

24. A great trick for peeling eggs the easy way. When they are finished boiling, turn off the heat and just let them sit in the pan with the lid on for about five minutes. Steam will build up under the shell and they will just fall away.

25. Or, quickly rinse hot hard-boiled eggs in cold water, and the shells will be easier to remove.

26. When you have saved a lot of egg yolks from previous recipes, use them in place of whole eggs for baking or thickening. Just add 2 yolks for every whole egg.

27. Fresh or hard-boiled? Spin the egg. If it wobbles, it is raw - if it spins easily, it's hard boiled.

28. Add a few drops of vinegar to the water when poaching an egg to keep it from running all over the pan.

29. Add one tablespoon of water per egg white to increase the quantity of beaten egg white when making meringue.

30. Try adding eggshells to coffee after it has perked, for a better flavor.

31. Fresh eggs are rough and chalky in appearance. Old eggs are smooth and shiny.

32. Pierce the end of an egg with a pin, and it will not break when placed in boiling water.

33. Beaten egg whites will be more stable if you add 1 teaspoon cream of tartar to each cup of egg whites (7 or 8 eggs).

34. A small funnel is handy for separating egg whites from yolks. Open the egg over the funnel and the white will run through and the yolk will remain.

35. For baking, it's best to use medium to large eggs. Extra large may cause cakes to fall when cooled.

36. Brown and white shells are the same quality.

37. Egg whites can be kept up to 1 year. Add them to a plastic container as you "collect them" for use in meringues, angel food cake. . . 1 cup equals 7 or 8 egg whites. You can also refreeze defrosted egg whites.

38. For fluffier omelets, add a pinch of cornstarch before beating.

Potatoes

39. Overcooked potatoes can become soggy when the milk is added. Sprinkle with dry powdered milk for the fluffiest mashed potatoes ever.

40. To hurry up baked potatoes, boil in salted water for 10 minutes, then place in a very hot oven. Or, cut potatoes in half and place them face down on a baking sheet in the oven to make the baking time shorter.

41. When making potato pancakes, add a little sour cream to keep potatoes from discoloring.

42. Save some of the water in which the potatoes were boiled - add to some powdered milk and use when mashing. This restores some of the nutrients that were lost in the cooking process.

43. Use a couple of tablespoons of cream cheese in place of butter for your potatoes; try using sour cream instead of milk when mashing.

Onions

44. To avoid tears when peeling onions, peel them under cold water or refrigerate before chopping.

45. For sandwiches to go in lunchboxes, sprinkle with dried onion. They will have turned into crisp pieces by lunchtime.

46. Peel and quarter onions. Place one layer deep in a pan and freeze. Quickly pack in bags or containers while frozen. Use as needed, chopping onions while frozen, with a sharp knife.

Tomatoes

47. Keep tomatoes in storage with stems pointed downward and they will retain their freshness longer.

48. Sunlight doesn't ripen tomatoes. It's the warmth that makes them ripen. So find a warm spot near the stove or dishwasher where they can get a little heat.

49. Save the juice from canned tomatoes in ice cube trays. When frozen, store in plastic bags in freezer for cooking use or for tomato drinks.

50. To improve the flavor of inexpensive tomato juice, pour a 46-ounce can of it into a refrigerator jar and add one chopped green onion and a cut-up stalk of celery.

A quick way to whip cream

51. A pinch of salt added to the cream before whipping strengthens the fat cells and makes them more elastic. This helps the cream stiffen much more quickly.

Cream that will not whip

52. Chill cream, bowl and beater well. Set bowl of cream into a bowl of ice water while you're whipping. Add the white of an egg. Chill and then whip. If the cream still does not stiffen, gradually whip in 3 or 4 drops of lemon juice. Cream whipped ahead of time will not

separate if you add a touch of unflavored gelatin ($\frac{1}{4}$ teaspoon per cup of cream). To eliminate a lot of mess when whipping cream with an electric beater, try this: Cut 2 holes in the middle of a piece of waxed paper, then slip the stems of the beaters through the holes and attach the beaters to the machine. Simply place paper and beaters over the bowl and whip away.

Rock-hard brown sugar

53. Add a slice of soft bread to the package of brown sugar, close the bag tightly, and in a few hours the sugar will be soft again. If you need it in a hurry, simply grate the amount called for with a hand grater. Or, put brown sugar and a cup of water (do not add to the sugar, set it alongside of it) in a covered pan. Place in the oven (low heat) for a while. Or, buy liquid brown sugar.

Thawing frozen meat

54. Seal the meat in a plastic bag and place in a bowl of very warm water. Or, put in a bag and let cold water run over it for an hour or so.

Caked or clogged salt

55. Tightly wrap a piece of aluminum foil around the salt shaker. This will keep the dampness out of the salt. To prevent clogging, keep 5 to 10 grains of rice inside your shaker.

Soggy potato chips, cereal and crackers

56. If potato chips lose their freshness, place under the broiler for a few moments. Care must be taken not to brown them. You can crisp soggy cereal and crackers by putting them on a cookie sheet and heating for a few minutes in the oven.

Pancake syrup

57. To make an inexpensive syrup for pancakes, save small amounts of leftover jams and jellies in a jar. Or, fruit-flavored syrup can be made by adding 2 cups sugar to 1 cup of any kind of fruit juice and cooking until it boils.

Easy topping

58. A good topping for gingerbread, coffeecake, etc., can easily be made by freezing the syrup from canned fruit and adding 1 tablespoon of butter and 1 tablespoon of lemon juice to 2 cups of syrup. Heat until bubbly, and thicken with 2 tablespoons of flour.

Tasty cheese sandwiches

59. Toast cheese sandwiches in a frying pan lightly greased with bacon fat for a delightful new flavor.

No spattering or sticking

60. To keep frying food from spattering, invert a metal colander over the pan, allowing steam to escape.

61. Always heat the frying pan before adding oil or butter. This will keep things from sticking to the pan.

62. Boil vinegar in a brand new frying pan to keep things from sticking to it.

Hurry-up hamburgers

63. Poke a hole in the middle of the patties while shaping them. The burgers will cook faster and the holes will disappear when done.

Shrinkless links

64. Boil sausage links for about 8 minutes before frying and they will shrink less and not break at all. Or, you can roll them lightly in flour before frying.

Frozen bread

65. Put frozen bread loaves in a clean brown paper bag and place for 5 minutes in a 325° oven to thaw completely.

Removing the corn silk

66. Dampen a paper towel or terry cloth and brush downward on the cob of corn. Every strand should come off.

Nuts

67. To quickly crack open a large amount of nuts, put in a bag and gently hammer until they are cracked open. Then remove nutmeats with a pick.

68. If nuts are stale, place them in the oven at 250° F. and leave them there for 5 or 10 minutes. The heat will revive them.

Preventing boil-overs

69. Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.

Softening butter

70. Soften butter quickly by grating it. Or heat a small pan and place it upside-down over the butter dish for several minutes. Or place in the microwave for a few seconds.

Measuring sticky liquids

71. Before measuring honey or syrup, oil the cup with cooking oil and rinse in hot water.

Scalded milk

72. Add a bit of sugar (without stirring) to milk to prevent it from scorching.

73. Rinse the pan in cold water before scalding milk, and it will be much easier to clean.

Tenderizing meat

74. Boiled meat: Add a tablespoon of vinegar to the cooking water.

75. Tough meat or game: Make a marinade of equal parts cooking vinegar and heated bouillon. Marinate for 2 hours.

76. Steak: Simply rub in a mixture of cooking vinegar and oil. Allow to stand for 2 hours.

77. Chicken: To stew an old hen, soak it in vinegar for several hours before cooking. It will taste like a spring chicken.

Instant white sauce

78. Blend together 1 cup soft butter and 1 cup flour. Spread in an ice cube tray, chill well, cut into 16 cubes before storing in a plastic bag in the freezer. For medium-thick sauce, drop 1 cube into 1 cup of milk and heat slowly, stirring as it thickens.

Unpleasant cooking odors

79. While cooking vegetables that give off unpleasant odors, simmer a small pan of vinegar on top of the stove. Or, add vinegar to the cooking water. To remove the odor of fish from cooking and serving implements, rinse in vinegar water.

Don't lose those vitamins

80. Put vegetables in water after the water boils - not before - to be sure to preserve all the vegetables' vitamins.

Clean and deodorize your cutting board

81. Bleach it clean with lemon juice. Take away strong odors like onion with baking soda. Just rub it in.

Keep the color in beets

82. If you find that your beets tend to lose color when you boil them, add a little lemon juice.

No-smell cabbage

83. Two things to do to keep cabbage smell from filling the kitchen: don't overcook it (keep it crisp) and put half a lemon in the water when you boil it.

A great energy saver

84. When you're near the end of the baking time, turn the oven off and keep the door closed. The heat will stay the same long enough to finish baking your cake or pie and you'll save all that energy.

Grating cheese

85. Chill the cheese before grating and it will take much less time.

Special looking pies

86. Give a unique look to your pies by using pinking shears to cut the dough. Make a pinked lattice crust!

Removing ham rind

87. Before placing ham in the roasting pan, slit rind lengthwise on the underside. The rind will peel away as the ham cooks, and can be easily removed.

Sluggish catsup

88. Push a drinking straw to the bottom of the bottle and remove. This admits enough air to start the catsup flowing.

Unmolding gelatin

89. Rinse the mold pan in cold water and coat with salad oil. The oil will give the gelatin a nice luster and it will easily fall out of the mold.

Leftover squash

90. Squash that is left over can be improved by adding some maple syrup before reheated.

No-spill cupcakes

91. An ice cream scoop can be used to fill cupcake papers without spilling.

Slicing cake or torte

92. Use dental floss to slice evenly and cleanly through a cake or torte - simply stretch a length of the floss taut and press down through the cake.

Ice cream

93. Buy bulk quantities of ice cream and pack in small margarine containers. These provide individual servings.

Canning peaches

94. *Don't bother to remove skins when canning or freezing peaches. They will taste better and be more nutritious with the skin on.*

Angel food cookies

95. *Stale angel food cake can be cut into 1/2" slices and shaped with cookie cutters to make delicious "cookies". Just toast in the oven for a few minutes.*

How to chop garlic

96. *Chop in a small amount of salt to prevent pieces from sticking to the knife or chopping board. Then pulverize with the tip of the knife.*

Excess fat on soups or stews

97. *Remove fat from stews or soups by refrigerating and eliminating fat as it rises and hardens on the surface. Or add lettuce leaves to the pot - the fat will cling to them. Discard lettuce before serving.*

Broiled meat drippings

98. *Place a piece of bread under the rack on which you are broiling meat. Not only will this absorb the dripping fat, but it will reduce the chance of the fat catching on fire.*

Fake sour cream

99. *To cut down on calories, run cottage cheese through the blender. It can be flavored with chives, extracts, etc., and used in place of mayonnaise.*

Browned butter

100. *Browning brings out the flavor of the butter, so only half as much is needed for seasoning vegetables if it is browned before it is added.*

Cooking dried beans

101. *When cooking dried beans, add salt after cooking; if salt is added at the start, it will slow the cooking process.*

Tasty carrots

102. *Adding sugar and horseradish to cooked carrots improves their flavor.*

Carrot marinade

103. *Marinate carrot sticks in dill pickle juice.*

Clean cukes

104. *A ball of nylon net cleans and smooths cucumbers when making pickles.*

Fresh garlic

105. *Peel garlic and store in a covered jar of vegetable oil. The garlic will stay fresh and the oil will be nicely flavored for salad dressings.*

Leftover waffles

106. *Freeze waffles that are left; they can be reheated in the toaster.*

Fluffy rice

107. *Rice will be fluffier and whiter if you add 1 teaspoon of lemon juice to each quart of water.*

Nutritious rice

108. *Cook rice in liquid saved from cooking vegetables to add flavor and nutrition. A nutty taste can be achieved by adding wheat germ to the rice.*

Perfect noodles

109. *When cooking noodles, bring required amount of water to a boil, add noodles, turn heat off and allow to stand for 20 minutes. This prevents overboiling and the chore of stirring. Noodles won't stick to the pan with this method.*

Easy croutons

110. *Make delicious croutons for soup or salad by saving toast, cutting into cubes, and sauteeing in garlic butter.*

Baked fish

111. *To keep fish from sticking to the pan, bake on a bed of chopped onion, celery and parsley. This also adds a nice flavor to the fish.*

Non-sticking bacon

112. Roll a package of bacon into a tube before opening. This will loosen the slices and keep them from sticking together.

Tasty hot dogs

113. Boil hot dogs in sweet pickle juice and a little water for a different taste.

Golden-brown chicken

114. For golden-brown fried chicken, roll it in powdered milk instead of flour.

Double boiler hint

115. Toss a few marbles in the bottom of a double boiler. When the water boils down, the noise will let you know!

Flour Puff

116. Keep a powder puff in your flour container to easily dust your rolling pin or pastry board.

Jar labels

117. Attach canning labels to the lids instead of the sides of jelly jars, to prevent the chore of removing the labels when the contents are gone.

Different meatballs

118. Try using crushed cornflakes or corn bread instead of bread crumbs in a meatball recipe. Or use onion-flavored potato chips.

* * * * *

CLEAN-UP TIPS

Appliances

119. To rid yellowing from white appliances try this: Mix together: $\frac{1}{2}$ cup bleach, $\frac{1}{4}$ cup baking soda and 4 cups warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly.

120. Instead of using commercial waxes, shine with rubbing alcohol.

121. For quick clean-ups, rub with equal parts water and household ammonia.

122. Or, try club soda. It cleans and polishes at the same time.

Blender

123. Fill part way with hot water and add a drop of detergent. Cover and turn it on for a few seconds. Rinse and drain dry.

Breadboards

124. To rid cutting board of onion, garlic or fish smell, cut a lime or lemon in two and rub the surface with the cut side of the fruit.

125. Or, make a paste of baking soda and water and apply generously. Rinse.

Copper pots

126. Fill a spray bottle with vinegar and add 3 tablespoons of salt. Spray solution liberally on copper pot. Let set for a while, then simply rub clean.

127. Dip lemon halves in salt and rub.

128. Or, rub with Worcestershire sauce or catsup. The tarnish will disappear.

129. Clean with toothpaste and rinse.

Burnt and scorched pans

130. Sprinkle burnt pans liberally with baking soda, adding just enough water to moisten. Let stand for several hours. You can generally lift the burned portions right out of the pan.

131. Stubborn stains on non-stick cookware can be removed by boiling 2 tablespoons of baking soda, $\frac{1}{2}$ cup vinegar and 1 cup water for 10 minutes. Re-season pan with salad oil.

Cast-iron skillets

132. Clean the outside of the pan with commercial oven cleaner. Let set for 2 hours and the accumulated black stains can be removed with vinegar and water.

Can opener

133. Loosen grime by brushing with an old toothbrush. To thoroughly clean blades, run a paper towel through the cutting process.

Enamelware or casserole dishes

134. Fill a dish that contains stuck food bits with boiling water and 2 tablespoons of baking soda. Let it stand and wash out.

Dishes

135. Save time and money by using the cheapest brand of dishwashing detergent available, but add a few tablespoons of vinegar to the dishwater. The vinegar will cut the grease and leave your dishes sparkling clean.

136. Before washing fine china and crystal, place a towel on the bottom of the sink to act as a cushion.

137. To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

Dishwasher

138. Run a cup of white vinegar through the entire cycle in an empty dishwasher to remove all soap film.

Clogged drains

139. When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain.

140. Coffee grounds are a no-no. They do a nice job of clogging, especially if they get mixed with grease.

Garbage disposal

141. Grind a half lemon or orange rinds in the disposal to remove any unpleasant odor.

Glassware

142. Never put a delicate glass in hot water bottom side first; it will crack from sudden expansion. The most delicate glassware will be safe if it is slipped in edgewise.

143. Vinegar is a must when washing crystal. Rinse in 1 part vinegar to 3 parts warm water. Air dry.

144. When one glass is tucked inside another, do not force them apart. Fill the top glass with cold water and dip the lower one in hot water. They will come apart without breaking.

Grater

145. For a fast and simple clean-up, rub salad oil on the grater before using.

146. Use a toothbrush to brush lemon rind, cheese, onion or whatever out of the grater before washing it.

Meat grinder

147. Before washing, run a piece of bread through it.

Oven

148. Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge.

149. Sprinkle bottom of oven with automatic dishwasher soap and cover with wet paper towels. Let stand for a few hours.

150. A quick way to clean oven parts is to place a bath towel in the bathtub and pile all removable parts from the oven onto it. Draw enough hot water to just cover the parts and sprinkle a cup of dishwasher soap over it. While you are cleaning the inside of the oven, the rest will be cleaning itself.

151. An inexpensive oven cleaner: Set oven on warm for about 20 minutes, then turn off. Place a

continued

small dish of full strength ammonia on the top shelf. Put a large pan of boiling water on the bottom shelf and let it set overnight. In the morning, open oven and let it air a while before washing off with soap and water. Even the hard baked-on grease will wash off easily.

Plastic cups, dishes and containers

152. Coffee or tea stains can be scoured with baking soda.

153. Or, fill the stained cup with hot water and drop in a few denture cleanser tablets. Let soak for 1 hour.

154. To rid foul odors from plastic containers, place crumpled-up newspaper (black and white only) into the container. Cover tightly and leave overnight.

Refrigerator

155. To help eliminate odors fill a small bowl with charcoal (the kind used for potted plants) and place it on a shelf in the refrigerator. It absorbs odors rapidly.

156. An open box of baking soda will absorb food odors for at least a month or two.

157. A little vanilla poured on a piece of cotton and placed in the refrigerator will eliminate odors.

158. To prevent mildew from forming, wipe with vinegar. The acid effectively kills the mildew fungus.

159. Use a glycerine-soaked cloth to wipe sides and shelves. Future spills wipe up easily. And after the freezer has been defrosted, coat the inside coils with glycerine. The next time you defrost, the ice will loosen quickly and drop off in sheets.

160. Wash inside and out with a mixture of 3 tablespoons of baking soda in a quart of warm water.

Sinks

161. For a sparkling white sink,

place paper towels across the bottom of your sink and saturate with household bleach. Let set for ½ hour or so.

162. Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears, wipe with your regular kitchen cleanser.

163. Use a cloth dampened with rubbing alcohol to remove water spots from stainless steel.

164. Spots on stainless steel can also be removed with white vinegar.

165. Club soda will shine up stainless steel sinks in a jiffy.

Sponges

166. Wash in your dishwasher or soak overnight in salt water or baking soda added to water.

Teakettle

167. To remove lime deposits, fill with equal parts of vinegar and water. Bring to a boil and allow to stand overnight.

Thermos bottle

168. Fill the bottle with warm water, add 1 teaspoon of baking soda and allow to soak.

Tin pie pans

169. Remove rust by dipping a raw potato in cleaning powder and scouring.

Fingerprints off the kitchen door and walls

170. Take away fingerprints and grime with a solution of half water and half ammonia. Put it in a spray bottle from one of these expensive cleaning products, you'll never have to buy them again.

Formica tops

171. Polish them to a sparkle with club soda.

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KEEPING FOODS FRESH AND FOOD STORAGE

Celery and lettuce

172. Store in refrigerator in paper bags instead of plastic. Leave the outside leaves and stalks on until ready to use.

Onions

173. Wrap individually in foil to keep them from becoming soft or sprouting.

174. Once an onion has been cut in half, rub the leftover side with butter and it will keep fresh longer.

Cheese

175. Wrap cheese in a vinegar-dampened cloth to keep it from drying out.

Milk

176. Milk at room temperature may spoil cold milk, so don't pour milk back into the carton.

Brown sugar

177. Wrap in a plastic bag and store in refrigerator in a coffee can with a snap-on lid.

Cocoa

178. Store cocoa in a glass jar in a dry and cool place.

Cakes

179. Putting half an apple in the cake box will keep cake moist.

Ice cream

180. Ice cream that has been opened and returned to the freezer sometimes forms a waxlike film on the top. To prevent this, after part of the ice cream has been removed press a piece of waxed paper against the surface and reseal the carton.

Lemons

181. Store whole lemons in a tightly sealed jar of water in the refrigerator. They will yield much more juice than when first purchased.

Limes

182. Store limes, wrapped in tissue paper, on lower shelf of the refrigerator.

Smoked meats

183. Wrap ham or bacon in a vinegar-soaked cloth, then in waxed paper to preserve freshness.

Strawberries

184. Keep in a colander in the refrigerator. Wash just before serving.

Soda crackers

185. Wrap tightly and store in the refrigerator.

Vegetables with tops

186. Remove the tops on carrots, beets, etc. before storing.

Bread

187. A rib of celery in your bread bag will keep the bread fresh for a longer time.

Cookies

188. Place crushed tissue paper on the bottom of your cookie jar.

Cottage cheese

189. Store carton upside-down. It will keep twice as long.

Garlic

190. Garlic cloves can be kept in the freezer. When ready to use, peel and chop before thawing.

191. Or, garlic cloves will never dry out if you store them in a bottle of cooking oil. After the garlic is used up, you can use the garlic-flavored oil for salad dressing.

Honey

192. Put honey in small plastic freezer containers to prevent sugaring. It also thaws out in a short time.

Marshmallows

193. They will not dry out if stored in the freezer. Simply cut with scissors when ready to use.

Olive oil

194. You can lengthen the life of olive oil by adding a cube of sugar to the bottle.

Parsley

195. Keep fresh and crisp by storing in a wide-mouth jar with a tight lid. Parsley may also be frozen.

Popcorn

196. *It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate "old-maids".*

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SUBSTITUTES

For bread crumbs

197. *Use crushed corn or wheat flakes, or other dry cereal. Or use potato flakes.*

For butter

198. *Use 7/8 cup of solid shortening plus 1/2 teaspoon of salt.*

For fresh milk

199. *To substitute 1 cup of fresh milk, use 1/2 cup each of evaporated milk and water.*

200. *For 1 cup of whole milk, prepare 1 liquid cup of nonfat dry milk and 2 1/2 teaspoons butter or margarine.*

For sugar

201. *Use brown sugar, although it will result in a slight molasses flavor.*

For superfine sugar

202. *Process regular granulated sugar in your blender.*

For red and green sweet pepper

203. *Use canned pimientos.*

For vanilla extract

204. *Use grated lemon or orange rind for flavoring instead. Or try a little cinnamon or nutmeg.*

For flour

205. *Use 1 tablespoon cornstarch instead of 2 tablespoons of flour. Or try using instant potatoes or cornmeal.*

For buttermilk

206. *Use 1 tablespoon of lemon juice or vinegar and enough fresh milk to make 1 cup. Let it stand 5 minutes before using.*

For catsup

207. *Use a cup of tomato sauce added to 1 1/4 cups of brown sugar, 2 tablespoons of vinegar, 1/4 teaspoon of cinnamon and a dash of ground cloves and allspice.*

For unsweetened chocolate

208. *Use 1 tablespoon of shortening plus 3 tablespoons of unsweetened cocoa to equal 1 square of unsweetened chocolate.*

For corn syrup

209. *Use 1/4 cup of water or other type of liquid called for in the recipe, plus 1 cup of sugar.*

For eggs

210. *Add 3 or 4 extra tablespoons of liquid called for in the recipe. Or, when you're 1 egg shy for a recipe that calls for many, substitute 1 teaspoon of cornstarch.*

For cake flour

211. *Use 7/8 cup of all-purpose flour for each cup of cake flour called for in a recipe.*

For fresh herbs and spices

212. *Use 1/3 the amount of dried herbs or spices. Dried herbs are more concentrated.*

For honey

213. *To substitute 1 cup of honey, use 1 1/4 cups of sugar and 1/4 cup of water or other liquid called for in the recipe.*

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II. TO REMOVE STAINS FROM WASHABLES

Alcoholic beverages

214. *Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerine. Rinse with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent; wait 15 minutes; rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.*

Blood

215. Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

Candle wax

216. Use a dull knife to scrape off as much as possible. Place fabric between two blotters or facial tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

Chewing gum

217. Rub area with ice, then scrape off with dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

Chocolate and cocoa

218. Pre-soak stain in cold or warm water. Wash in hot water with detergent. Remove any grease stains with dry cleaning solvent. If color remains, sponge with hydrogen peroxide, wash again.

Coffee

219. Sponge or soak with cold water as soon as possible. Wash, using detergent and bleach safe for fabric. Remove cream grease stains with non-flammable dry cleaning solvent. Wash again.

Crayon

220. Scrape with dull blade. Wash in hottest water safe for fabric, with detergent and 1-2 cups of baking soda. NOTE: If full load is crayon stained, take to cleaners or coin-op dry cleaning machines.

Deodorants

221. Sponge area with white vinegar. If stain remains, soak

with denatured alcohol. Wash with detergent in hottest water safe for fabric.

Dye

222. If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover. CAUTION: Do not use color remover in washer, or around washer and dryer as it may damage the finish.

Egg

223. Scrape with dull blade. Pre-soak in cold or warm water for at least 30 minutes. Remove grease with dry cleaning solvent. Wash in hottest water safe for fabric, with detergent.

Fruit and fruit juices

224. Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

Grass

225. Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent. Wash, using detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

Grease, oil, tar

226. Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

227. Method 2: Rub spot with lard and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

Ink—ball-point pen

228. Pour denatured alcohol through stain. Rub in petroleum jelly. Sponge with non-flammable dry cleaning solvent. Soak in detergent solution. Wash with detergent and bleach safe for fabric.

Lipstick

229. Loosen stain with a non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

Meat juices

230. Scrape with dull blade. Pre-soak in cold or warm water for 30 minutes. Wash with detergent and bleach safe for fabric.

Mildew

231. Pre-treat as soon as possible with detergent. Wash. If any stain remains, sponge with lemon juice and salt. Dry in sun. Wash, using hottest water, detergent and bleach safe for fabric. NOTE: Mildew is very hard to remove; treat promptly.

Milk, cream, ice cream

232. Pre-soak in cold or warm water for 30 minutes. Wash. Sponge any grease spots with non-flammable dry cleaning solvent. Wash again.

Nail polish

233. Sponge with polish remover or banana oil. Wash. If stain remains, sponge with denatured alcohol to which a few drops of ammonia have been added. Wash again. Do not use polish remover on acetate or triacetate fabrics.

Paint

234. Oil base: Sponge stains with turpentine, cleaning fluid or paint remover. Pre-treat and wash in hot water. For old stains, sponge with banana oil and then with non-flammable dry cleaning solvent. Wash again.

235. Water base: Scrape off paint with dull blade. Wash with detergent in water as hot as is safe for fabric.

Perspiration

236. Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sprinkle with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

Rust

237. Soak in lemon juice and salt or axolic acid solution (3 tablespoons oxalic acid to 1 pint warm water). A commercial rust remover may be used. CAUTION: HANDLE POISONOUS RUST REMOVERS CAREFULLY. KEEP OUT OF REACH OF CHILDREN. NEVER USE OXALIC ACID OR ANY RUST REMOVER AROUND WASHER OR DRYER AS IT CAN DAMAGE THE FINISH. SUCH CHEMICALS MAY ALSO REMOVE PERMANENT PRESS FABRIC FINISHES.

Scorch

238. Wash with detergent and bleach safe for fabric. On heavier scorching, cover stain with cloth dampened with hydrogen peroxide. Cover this with dry cloth and press with hot iron. Rinse well. CAUTION: Severe scorching cannot be removed because of fabric damage.

Soft drinks

239. Sponge immediately with cold water and alcohol. Heat and detergent may set stain.

Tea

240. Sponge or soak with cold water as soon as possible. Wash using detergent and bleach safe for fabric.

III. CARPETS AND FLOORS

Flattened shag carpets

241. *Raise flattened spots in your carpeting where heavy furniture has stood by using a steam iron. Hold the iron over the spot and build up a good steam. Then brush up the carpet.*

Candle drippings

242. *For spilled wax on carpet, use a brown paper bag as a blotter and run a hot iron over it, which will absorb the wax.*

Dog stains

243. *Blot up excess moisture with paper towel. Pour club soda on the spot and continue blotting. Lay a towel over the spot and set a heavy object on top in order to absorb all the moisture.*

Rug care

244. *When washing and drying foam-baked throw rugs, never wash in hot water, and use the "air only" dryer setting to dry. Heat will ruin foam.*

Cleaning rugs

245. *If the rug is only slightly dirty, you can clean it with cornmeal. Use a stiff brush to work the cornmeal into the pile of the rug. Take it all out with the vacuum.*

What to do with new carpet

246. *Wait about three months before attempting to clean your new carpet. It needs that amount of time to spring up and keep its normal nap.*

Spills on the rug

247. *When spills happen, go to the bathroom and grab a can of shaving cream. Squirt it on the spot then rinse off with water.*

Live'n up your carpet

248. *Give your carpet a new lease on life. Sprinkle some salt on it right before you vacuum. The rug*

will be much brighter when you have finished vacuuming.

Ballpoint ink marks

249. *Saturate the spots with hairspray. Allow to dry. Brush lightly with a solution of water and vinegar.*

Glue

250. *Glue can be loosened by saturating the spot with a cloth soaked in vinegar.*

Repairing braided rugs

251. *Braided rugs often rip apart. Instead of sewing them, use clear fabric glue to repair. It's that fast and easy.*

Repairing a burn

252. *Remove some fuzz from the carpet, either by shaving or pulling out with a tweezer. Roll into the shape of the burn. Apply a good cement glue to the baking of the rug and press the fuzz down into the burned spot. Cover with a piece of cleansing tissue and place a heavy book on top. This will cause the glue to dry very slowly and you will get the best results.*

Spot remover for outdoor carpeting

253. *Spray spots liberally with a pre-wash commercial spray. Let it set several minutes, then hose down and watch the spots disappear.*

Blood on the rug

254. *When you get blood on your rug, rub off as much as you can at first, then take a cloth soaked in cold water and wet the spot, wiping it up as you go. If a little bit remains, pour some ammonia onto the cool, wet cloth and lightly wipe that over the spot, too. Rinse it right away with cold water.*

255. *Use silver polish to remove from vinyl tile or linoleum.*

Spilled nail polish

256. Allow to almost dry, then peel off of waxed floors or tile.

Tar spots

257. Use paste wax to remove tar from floors. Works on shoes, too.

Dusting floors

258. Stretch a nylon stocking over the dust mop. After using, discard the stocking and you will have a clean mop.

Varnished floors

259. Use cold tea to clean woodwork and varnished floors.

Spilled grease

260. Rub floor with ice cubes to solidify grease. Scrape up excess and wash with soapy water.

Quick shine

261. Put a piece of waxed paper under your dust mop. Dirt will stick to the mop and the wax will shine your floors.

Unmarred floors

262. Put thick old socks over the legs of heavy furniture when moving across floors.

Wood floor care

263. Never use water or water-based cleaners on wood floors. Over a period of time, warping and swelling will develop.

Floor polisher

264. When cleaning the felt pads of your floor polisher, place the pads between layers of newspaper and press with an iron to absorb built-up wax.

Garage floors

265. In an area where a large amount of oil has spilled, lay several thicknesses of newspaper. Saturate the paper with water; press flat against the floor. When dry, remove the newspaper and the spots will have disappeared.

Basement floors

266. Sprinkle sand on oily spots, let it absorb the oil, and sweep up.

Fix those loose linoleum edges

267. Take a knife with some tile adhesive and work it under the loose part. Put a heavy weight, such as a big stack of books, over the whole area and keep it weighed down for the amount of time it says on the can of adhesive.

Stop squeaking floors

268. Just dust some talcum powder between the cracks and it should do the job. If you have really serious squeaking, it could be that you need to wedge in some slivers of wood to the underneath side.

Heel marks

269. Just take a pencil eraser and wipe them off.

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IV. WINDOWS

Window cleaning

270. Newspaper is much cheaper to use for drying freshly-washed windows than paper toweling.

Drying windows

271. Dry the inside panes with up-and-down strokes, and the outside with back-and-forth motions to see which side has smudges.

Window cleaning solution

272. The best mixture for cleaning windows is ½ cup of ammonia, 1 cup of white vinegar, and 2 tablespoons of cornstarch in a bucket of warm water.

Cold weather window cleaning

273. Add ½ cup of rubbing alcohol to the above mixture on cold days to prevent ice from forming on your windows.

Clean window sills

274. *To remove spots on window sills, rub the surface with rubbing alcohol.*

Puttying windows

275. *Mix some putty to match the woodwork before puttying windows.*

Loosening window panes

276. *Dig through old putty with a very hot instrument to loosen a window pane.*

Aluminum window frames

277. *Use cream silver polish to clean aluminum window frames.*

Grease spots

278. *Any cola drink will remove grease spots from windows.*

Numbered windows

279. *When cleaning, painting or changing windows, number each with a ballpoint pen and put the corresponding number inside the proper window frame.*

Window shade tears

280. *Repair with colorless nail polish. This works wonders on small tears.*

Cleaning screens

281. *For a thorough job, brush on both sides with kerosene. Wipe with a clean cloth. This method will also prevent rust from forming. Be sure to dust the screens with a small paintbrush before you begin.*

282. *For small jobs, rub a brush-type hair roller lightly over the screen and see how easily it picks up all the lint and dust.*

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V. FURNITURE

Fantastic polish

283. *Use $\frac{1}{3}$ cup each boiled linseed oil, turpentine and vinegar. Mix together and shake well.*

Apply with a soft cloth and wipe completely dry. Wipe again with another soft cloth. Do not try to boil your own linseed oil - it is not the same. Buy it at a hardware or paint store.

To remove polish build-up

284. *Mix $\frac{1}{2}$ cup vinegar and $\frac{1}{2}$ cup water. Rub with a soft cloth that has been moistened with solution, but wrung out. Dry immediately with another soft cloth.*

Polishing carved furniture

285. *Dip an old soft toothbrush into furniture polish and brush lightly.*

Cigarette burns

286. *For small minor burns, try rubbing mayonnaise into the burn. Let set for a while before wiping off with a soft cloth.*

287. *Burns can be repaired with a wax stick (available in all colors at paint and hardware stores). Gently scrape away the charred finish. Heat a knife blade and melt the shellac stick against the heated blade. Smooth over damaged area with your finger. But always consider the value of the furniture. It might be better to have a professional make the repair.*

288. *Or, make a paste of rottenstone (available at hardware stores) and salad oil. Rub into the burned spot only, following the grain of the wood. Wipe clean with a cloth that has been dampened in oil. Wipe dry and apply your favorite furniture polish.*

Scratches

289. *Make sure you always rub with the grain of the wood when repairing a scratch. Walnut: Remove the meat from a fresh, unsalted walnut or pecan nut. Break it in half and rub the scratch with the broken side of the nut.*

290. Mahogany: You can either rub the scratch with a dark brown crayon or buff with brown paste wax.

291. Red Mahogany: Apply ordinary iodine with a number 0 artist's brush.

292. Maple: Combine equal amounts of iodine and denatured alcohol. Apply with a Q-tip, then dry, wax and buff.

293. Ebony: Use black shoe polish, black eyebrow pencil or black crayon.

294. Teakwood: Rub very gently with 0000 steel wool. Rub in equal amounts of linseed oil and turpentine.

295. Light-finished furniture: Scratches can be hidden by using tan shoe polish. However, only on shiny finishes.

296. For all minor scratches: Cover each scratch with a generous amount of white petroleum jelly. Allow it to remain on for 24 hours. Rub into wood. Remove excess and polish as usual.

297. For larger scratches: Fill by rubbing with a wax stick (available in all colors at your hardware or paint store) or a crayon that matches the finish of the wood.

Removing paper that is stuck to a wood surface

298. Do not scrape with a knife. Pour any salad oil, a few drops at a time, on the paper. Let set for a while and rub with a soft cloth. Repeat the procedure until the paper is completely gone.

299. Old decals can be removed easily by painting them with several coats of white vinegar. Give the vinegar time to soak in, then gently scrape off.

Three solutions to remove white water rings and spots

300. Dampen a soft cloth with water and put a dab of toothpaste on it. For stubborn stains, add baking soda to the toothpaste.

301. Make a paste of butter or mayonnaise and cigarette ashes. Apply to spot and buff away.

302. Apply a paste of salad oil and salt. Let stand briefly. Wipe and polish.

Marble table-top stains

303. Sprinkle salt on a fresh-cut lemon. Rub very lightly over stain. Do not rub hard or you will ruin the polished surface. Wash off with soap and water.

304. Scour with a water and baking soda paste. Let stand for a few minutes before rinsing with warm water.

Removing candle wax from wooden finishes

305. Soften the wax with a hair dryer. Remove wax with paper toweling and wash down with a solution of vinegar and water.

Plastic table tops

306. You will find that a coat of Turtle Wax is a quick pick-up for dulled plastic table tops and counters.

307. Or, rub in toothpaste and buff.

Glass table tops

308. Rub in a little lemon juice. Dry with paper towels and shine with newspaper for a sparkling table.

309. Toothpaste will remove small scratches from glass.

Chrome cleaning

310. For sparkling clean chrome without streaks, use a cloth dampened in ammonia.

Removing glue

311. Cement glue can be removed by rubbing with cold cream, peanut butter or salad oil.

Wicker

312. Wicker needs moisture, so use a humidifier in the winter.

313. To prevent drying out, apply lemon oil occasionally.

314. Never let wicker freeze. This will cause cracking and splitting.

315. Wash with a solution of warm salt water to keep from turning yellow.

Metal furniture

316. To remove rust, a good scrubbing with turpentine should accomplish this job.

Vinyl upholstery

317. *Never oil vinyl as this will make it hard. It is almost impossible to soften again. For proper cleaning, sprinkle baking soda or vinegar on a rough, damp cloth, then wash with a mild dishwashing soap.*

Leather upholstery

318. *Prevent leather from cracking by polishing regularly with a cream made of 1 part vinegar and 2 parts linseed oil. Clean with a damp cloth and saddle soap.*

Grease stains

319. *Absorb grease on furniture by pouring salt on the spill immediately.*

Soiled upholstery

320. *Rub soiled cotton upholstery fabric with an artgum eraser or squares (purchased at stationery store).*

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VI. LAUNDRY

Spot removal

321. *Two parts water and one part rubbing alcohol are the basic ingredients in any commercial spot remover.*

Clean machine

322. *Fill your washer with warm water and add a gallon of distilled vinegar. Run the machine through the entire cycle to unclog and clean soap scum from hoses.*

Too sudsy

323. *When your washer overflows with too many suds, sprinkle salt in the water - the suds will disappear.*

Final rinse

324. *Add a cup of white vinegar to the final rinse when washing clothes to make sure the alkalines in the soap are dissolved.*

Hand-washed sweaters

325. *Add a capful of hair cream rinse to the final rinse water when washing sweaters.*

Whiter fabric

326. *Linen or cotton can be whitened by boiling in a mixture of 1 part cream of tartar and 3 parts water.*

Whitest socks

327. *Boil socks in water to which a lemon slice has been added.*

Clean work clothes

328. *To your wash water, add ½ cup of household ammonia.*

Freshen feather pillows

329. *Put feather pillows in the dryer and tumble, then air outside.*

Lintless corduroy

330. *While corduroy is still damp, brush with clothes brush to remove all lint.*

Ironing tip

331. *When pressing pants, iron the top part on the wrong side. Iron the legs on the right side. This gives the pockets and waistband a smooth look.*

Creaseless garments

332. *Take an empty cardboard paper towel roll and cut through it lengthwise. Slip it over a wire hanger to prevent a crease from forming in the garment to be hung on the hanger.*

Remove creases from hems

333. *Sponge material with a white vinegar solution and press flat to remove creases in hems.*

Bedroom ironing

334. *A good place to iron is in the bedroom. Closets are nearby to hang clothes up immediately, and the bed makes a good surface on which to fold clothes and separate items into piles.*

Ironing board cover

335. When washing your ironing board cover, attach it to the board while it is still damp. When it dries, the surface will be completely smooth.

336. Starch your ironing board cover. This helps the cover stay clean longer.

Lint remover

337. Add a yard of nylon netting to your dryer with the wet clothes - it will catch most of the lint.

Washer advice

338. Button all buttons on clothing and turn inside out before putting into the washer. Fewer buttons will fall off and garments will fade less if turned inside out.

Soiled collars

339. Use a small paintbrush and brush hair shampoo into soiled shirt collars before laundering. Shampoo is made to dissolve body oils.

Faster ironing

340. Place a strip of heavy-duty aluminum foil over the entire length of the ironing board and cover with pad. As you iron, heat will reflect through to the underside of the garment.

Ironing embroidery

341. Lay the embroidery piece upside-down on a Turkish towel before ironing. All the little spaces between the embroidery will be smooth when you are finished.

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VII. BATHROOM

Bathroom tile

342. Rub ordinary car wax into your ceramic bathroom tiling to clean and refinish. Let it stand 10 minutes and buff or polish.

343. Use a typewriter eraser to clean spaces between bathroom tiles.

Metal shower head

344. To clean mineral deposits from a clogged shower head, boil it with half a cup of white vinegar and one quart of vinegar for awhile.

Plastic shower head

345. Soak a plastic shower head in a hot vinegar and water mixture to unclog it.

Shower curtains

346. Before hanging shower curtains, soak them in a salt water solution to prevent mildew.

347. To remove mildew on shower curtains, wash them in hot soapy water, rub with lemon juice, and let them dry in the sun.

Bathroom fixtures

348. Dip a cloth in kerosene or rubbing alcohol to remove scum from your bathroom fixtures.

Removing film and scum

349. Use a piece of very fine steel wool to remove film from the shower stall.

Porcelain cleaners

350. Lighter fluid will remove most dark, stubborn stains from sink and bathtub.

Yellowed bathtub

351. Restore whiteness to a yellowed bathtub by rubbing with a salt and turpentine solution.

Shower mat tip

352. Dip a stiff brush in a kerosene and warm water solution to clean the bath mat.

Rust stains

353. Spread a paste of hydrogen peroxide and cream of tartar over the area, and add a few drops of ammonia. Let it stand for 2 or 3 hours.

Rusty tile

354. Rust stains on tile can be removed with kerosene.

Cleaning shower doors

355. *Rub glass shower doors with a white vinegar-dampened sponge to remove soap residue.*

Steam-free mirror

356. *If your medicine cabinet has two sliding mirrors, slide one side open before taking a bath or shower. After the bath, you'll have one clean mirror instead of two that are steamed and foggy.*

Steamy bathrooms

357. *If you run about an inch of cold water before adding hot water to your bath, there will be absolutely no steam in your bathroom.*

Medicine cabinet

358. *It's a good idea to go through your medicine cabinet several times a year and throw away medicines that are old or outdated. They could be dangerous.*

Easy bathroom cleaning

359. *Clean your bathroom after a steamy bath or shower. The walls, fixtures, etc., will be much easier to clean because the steam will have loosened the dirt.*

Sink cleaners

360. *Light stains can often be removed by simply rubbing with a cut lemon.*

361. *For dark stains, and especially rust, rub with a paste of borax and lemon juice.*

Dripping faucet

362. *If the drip occurs during the night and you can't sleep, simply wrap a cloth around the opening of the faucet.*

Sweet-smelling bathroom

363. *Place a fabric softener sheet in the wastepaper basket. Or, add a touch of fragrance by dabbing your favorite perfume on a light bulb. When the light is on, the heat releases the aroma.*

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VIII. HANDYPERSON

Leaky vase

364. *Fix a leaky vase by coating the inside with paraffin and letting it harden.*

Plywood cutting

365. *Put a strip of masking tape at the point of plywood where you plan to begin sawing to keep it from splitting.*

Locating wall studs

366. *Move a pocket compass along the wall. When the needle moves, usually the stud will be located at that point. Studs are usually located 16" apart.*

Fraying rope

367. *Shellac the ends of the rope to prevent fraying.*

Fraying nylon cord

368. *Heat the cut end of nylon cord over a match flame to bond the end together.*

Loosening rusty bolts

369. *Apply a cloth soaked in any carbonated soda to loosen rusted bolts.*

Sandpaper hint

370. *By dampening the backing on sandpaper, it will last longer and resist cracking.*

Tight screws

371. *Loosen a screw by putting a couple of drops of peroxide on it and letting it soak in.*

Screwdriver tip

372. *Keep a screwdriver tip from slipping by putting chalk on the blade.*

Loosening joints

373. *Loosen old glue by applying vinegar from an oil can to the joint.*

Rule to remember

374. *Left is loose and right is tight.*

Sticking drawers

375. *Rub the runners of drawers with a candle or a bar of soap so they will slide easily.*

Stubborn locks

376. *Dip key into machine oil or graphite to loosen up a lock.*

Loose draw knobs

377. *Before inserting a screw into the knob, coat with fingernail polish to hold it tightly.*

Slamming doors

378. *Reduce the noise level in your home by putting self-sticking protective pads on the inside edges of cabinet doors, cupboards, etc.*

Icy sidewalk tip

379. *Sprinkle sand through a strainer on an icy sidewalk to distribute evenly.*

Garbage can tip

380. *Garbage cans will last longer if they are painted. Use primer on galvanized metal, then paint with matching house paint.*

Towel rack tip

381. *Replace the bottom screws of towel racks with cup hooks. Small towels and washcloths may be hung from them.*

Screen repair

382. *Use clear cement glue to repair a small hole in wire screening.*

Hairdryer hint

383. *Thaw a frozen pipe with a portable hairdryer.*

Finding a gas leak

384. *Lather the pipes with soapy water. The escaping gas will cause the soapy water to bubble, revealing the damaged areas. You can make a temporary plug by moistening a cake of soap and pressing it over the spot. When the soap hardens, it will*

effectively close the leak until the gasman comes.

Hanging pictures

385. *Before you drive nails into the wall, mark the spot with an X of cellophane tape. This trick will keep the plaster from cracking when you start hammering.*

386. *When the landlady says, "no nails in the wall", hang pictures with sewing machine needles. They will hold up to 30 pounds.*

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IX. BEAUTY

Natural facial

387. *A good and inexpensive facial to try: mash half an avocado, spread thickly on face, and remove with warm water 20 minutes later.*

Cuticle treatment

388. *Apply a mixture of equal parts of castor oil and white iodine to your cuticles every night.*

Sunburn relief

389. *A wonderful relief for sunburn pain is the application of mint-flavored milk of magnesia to the skin.*

390. *Dab on some apple cider vinegar. The pinkness and pain will disappear.*

391. *For a super bad burn, put on a paste of water and baking soda.*

Hair shiner

392. *These hair rinses will remove soap film and shine hair: For blondes, rinse water containing a few tablespoons of lemon juice. For brunettes and redheads, a few tablespoons of apple cider vinegar in the rinse water.*

Broken lipstick

393. *Hold a match under the broken ends until they melt enough to adhere to each other. Cool in the refrigerator.*

Nail polish

394. *Don't throw away that gummy nail polish. Place the bottle in boiling water to bring it back to its original consistency.*

395. *Instead of storing the nail polish bottle right-side-up, put it on its side. Stir it up with the brush when you need some.*

396. *Before you put on polish, put vinegar on your nails. It will clean them completely and help nail polish stick longer.*

Deodorant

397. *To make your own pump-spray deodorant, just add 4 tablespoons of alum to 1 quart of water. Mix it up and put into a spray bottle. If you want a scent, add your favorite cologne.*

Your own manicure

398. *Soak your hands in warm water with lemon juice added. Take them out after about 8 minutes. Rub some lemon peel over the nails while you gently push back the cuticle. Then buff with a soft cloth.*

Baking soda for teeth

399. *Baking soda instead of toothpaste does as good a job. It also works on dentures.*

Cleaning combs and brushes

400. *A solution of baking soda and hot water cleans hair brushes and combs.*

Hair conditioner

401. *Mayonnaise gives dry hair a good conditioning. Apply 1/2 cup mayonnaise to dry, unwashed hair. Cover with plastic bag and wait for 15 minutes. Rinse a few times before shampooing thoroughly.*

Homemade dry shampoo

402. *Mix together 1 tablespoon salt and 1/2 cup cornmeal for your own homemade dry shampoo. Transfer to a larger-holed shaker, sprinkle it on oily hair lightly and brush out dirt and grime.*

403. *Baby powder or cornstarch can also be used as dry shampoos.*

Tired eyes

404. *Place fresh cold cucumber slices on your eyelids to rid them of redness and puffiness.*

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X. SEWING.

Threading needles

405. *Apply some hair spray to your finger and to the end of the thread, stiffening it enough to be easily threaded.*

Sharp machine needles

406. *Sharpen sewing machine needles by stitching through sandpaper.*

Buttons

407. *Coat the center of buttons with clear nail polish and they'll stay on longer.*

408. *On a four-hole button, sew through two holes at a time, knotting the thread and tying off for each set of holes.*

409. *Use dental floss or elastic thread to sew buttons on children's clothing. The buttons will take a lot of wear before falling off.*

Dropped needles and pins

410. *Instead of groping around your floor for fallen needles and pins, keep a magnet in your sewing kit. Simply sweep it across your rug to pick up those strays.*

Sewing machine oil

411. *Stitch through a blotter after oiling your sewing machine to prevent extra oil from damaging your garments.*

Patterns

412. *Instead of trying to fit used patterns back into their envelopes, store them in plastic bags.*

413. *Keep patterns from tearing and wrinkle-free by spraying with spray starch.*

Recycled elastic

414. *Remove elastic waistband from used pantyhose for use in other sewing projects.*

Heavy seams

415. *Rub seams with a bar of soap to allow a sewing machine needle to easily pass through.*

Sewing on nylon

416. *When repairing seams on nylon jackets or lingerie, make the job a lot simpler by placing a piece of paper underneath the section you are going to sew. Stitch through the fabric and paper. When finished, tear the paper off.*

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Sara Lynne
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Waverly, Iowa 50677

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